

Jesse Spencer the Aussie Paul Nicholls

2 Oct 1996 ★ 50p

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**'I almost
starved myself
to death'**

**'Crushed by
the Terrorvision
tour bus'**

**'Jailed for
the love of my
boyfriend'**



OASIS exclusive

Behind the scenes picture spesh!

**'Mum, you're soooo
embarrassing!'**

When your olds won't act their age

**Is he your
cup of tea?**

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Trend quiz Are you a style supremo?



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Just Seventeen

2 October 1996

Life, love and everything

Every week

Ed's letter

Hiya, it's me again!
Yup, this is the
third time you've
opened your J17

to be greeted by my mug. Well, it's
going to be happening a lot from now
on 'cause I'm the new Ed and I've
been let loose on your fave mag!

This'll mean tons more toe-curling
true life in 'Reality bites', super-sussed
advice, juicy reads and loads of lush
lads, not to mention top gear and slap
tips. Just look at this week's ish.

If our exclusive Oasis pull-out picture
spesh p27 isn't enough for ya, we've
got the low-down on Aussie soap dish
Jesse Spencer p8, some supermod
must-haves (no, not George Clooney)
and don't miss our shocking report on
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Believe me now?

See ya next
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Sam_x

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Model: Tasmin
Photo: Paul Derrick
Hair and make-up:
Georgie and Lizzie
at Time
Top: John Lewis

Telly turn ons

Real life's all well and good, but don't you ever get to wondering what it would be like to be magically transported into your favourite telly programme? We do, all the time...

★ Being poorly can be a bit of a pain but if we were rushed to *ER* on a speeding trolley we'd soon perk up. Especially if Dr Ross or Dr Carter gave us a spot of the old mouth to mouth.
★ If you moved down *Brookside* way, you'd never have to rent videos. A quick peek out of the window would reveal saucy antics a-go-go. Just steer clear of that Bev...



★ Falling behind in all those science subjects? Time to look in *The X-Files* and get Agent

Mulder to explain the finer points of spookdom to you. He can always hold your hand if you get frightened.

★ If you haven't got enough dosh for dinner, a quick visit to *Masterchef* should cancel out any hunger pangs. But only if 'seared scallops on a bed of shaved parmesan and rocket' is your culinary bag.

★ When your oldsters start working your nerves, you could go visit *Roseanne* and eat junk food all day long, party with Darlene and snog David senseless when she wasn't looking.

★ And finally, if you're hacked off with school, enrol in *Heartbreak High*. For a start, they never do any work and you've got

the all-time perfect excuse for being late, "Sorry miss, my plane was delayed". Like it!

Glam, metal, reflective

Miss Selfridge has its finger on the pulse with this new range of nail varnishes. They come in a multitude of gittery, autumnal shades and cost a mere £2 a bottle. Finger clickin' good.



Hurrah for **Sarra 'n' Lara** as they go baby barmy and coo...

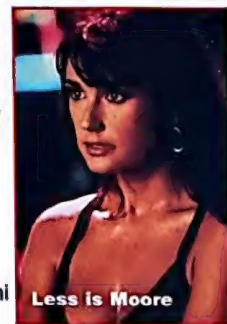
what a W

Under a fiver

Make your mouth melt into his with this pot of Kissing Chocolate from Bhs (£1.50). Paint the soft chocolate on your lips and let your boyfriend do the rest. Seconds anyone?

They wrote it, we quote it

"I love the naked body."
No surprises from Demi Moore, eh?



Less is Moore

Word up!

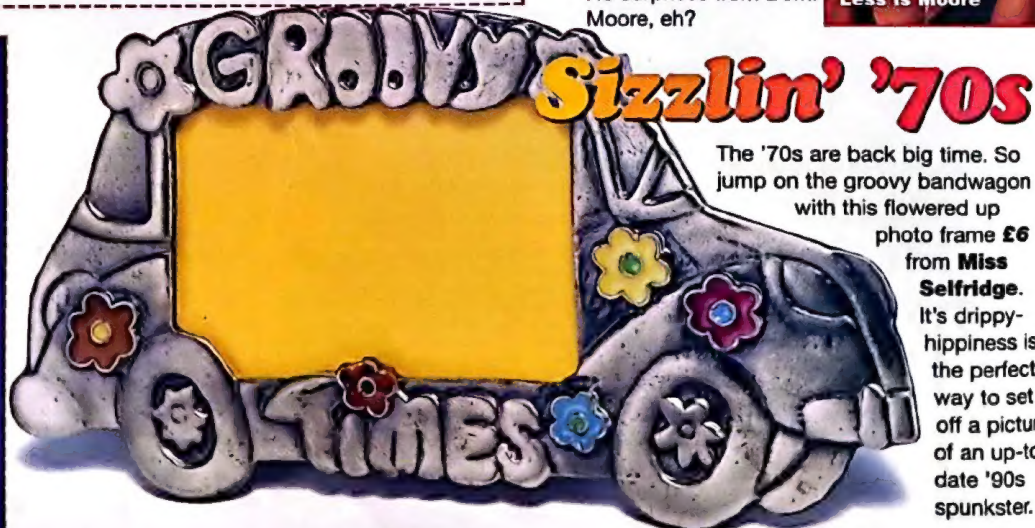
No26

Whatever (idiom)

Origin Said at least 10 times per episode in most American sitcoms, and the latest J17 catch phrase.

Definition Whatever, in this sense, is used as a way of giving in during an argument without losing face. It should be said in a breezy, devil-may-care kinda way and will be intensely annoying to all those on the receiving end.

Usage Mum: "I'm not telling you any more, go and tidy your room!"
You (shrugging): "Whatever."
Your mum will then have to be physically restrained from strangling you.



The '70s are back big time. So jump on the groovy bandwagon with this flowered up photo frame £6 from **Miss Selfridge**. It's drippy-hippiness is the perfect way to set off a picture of an up-to-date '90s spunkster.

Herby gnaws

Take a tip from the Bedouins and clean your teeth the natural way. Grind up two tablespoons of dried sage, dip your wet toothbrush into the herbs and brush to clean teeth and freshen breath. Hmm, think we'll stick to Colgate!

Don't be a mug

Friday 4 October is the World's Biggest Coffee Morning with Nescafé. Thousands of coffee drinkers around the UK will be raising their mugs and helping Cancer Relief. So, if you fancy joining a fund-raising coffee morning in your area, just ring **0891 771270** for details.



Fancy bagging a **£200** Sony Telstar PlayStation? We've got one up for grabs and, as if that's not enough, the winner and four runners-up will also get a copy of the Onside footie game (worth **£44.99**). If you think you could score a winner, dial **0891 498834** and answer this question: **Q: Who is England's goalie?** (For competition rules see page 51.)

Gossip...

with celeb queen Sarra



Gadzooks! **Courtney Cox** is fumin'. A poll showed that her bossy character Monica is the most unpopular of the *Friends* cast. She's demanding her telly bosses make her more likeable. And **Matt LeBlanc** has dislocated his arm on set so the studio has to come up with a new storyline to explain why Matt's character, Joey, is sporting a fetching plaster cast for six weeks. **Pregnant Madonna's** been

keeping a low profile, but she was recently seen nipping into LA's Village Coffee Shop. The prima donna made straight for the Ladies', then begged for two scoops of caramel ice



Mad as ice cream queen

cream. **Bad news** for the surgically-altered **Michael Jackson** - along with Prince Charles and Russian president, Boris Yeltsin, he's been voted the 'least sexy' celeb in the whole world. According to reports in American mags, **Winona Ryder** and hunky **David Duchovny** are involved in a hot romance. Apparently their love of science fiction

drew them together. Winona never misses an episode of *The X-Files*. **Keanu's** finally lost his plaster cast and he's now down the gym working off the two stone he put on while he was laid up. **The Spice Girls** have signed with Disney to make a Hollywood film. It's rumoured to be a *Commitments*-style flick. The darkside demi-god, **Nick Cave**, has been asked by Paula Yates and Michael Hutchence to be godfather to Tigerlily Heavenly Hiraani. **Spotted: Blockbusters' Bob Holness** walking along the Strand in a fetching pale-green suit, **Dani Behr** shopping in Covent Garden, and that nice young couple from *Ballykissangel* in Soho Square.



Spice Girls next stop, Hollywood

'What A Week!' was written to the sounds of Kenickie's *Punka*, Boyzone's *Words*, Noel Gallagher and The Chemical Brother's *Setting Sun* and the *Sushi 3003* compilation.

Photos: D Lawson/Anthony Blake Photo Library/Rev/Big Pictures

Sizzling!

Toffee yoghurts

You can even pretend they're healthy!

Mirror balls

A must for any bedroom

Sunday roasts

It's that time of the year again

Having dates on the phone

Just like in *The Truth About Cats And Dogs*

Spending quality time with your inner child

It's a good excuse for not going out

False eyelashes

The bigger the better, dahlings

Dodgy curries

Two words - Delhi belly

Getting peanut brittle wedged into your back molars

Swallowing perfume

Go easy with that atomiser

Chris Tarrant

Taught Chris Evans everything he knows

Having to pack your Birkenstocks away

Sob

Toe dividers

They really, really hurt



Does it require stuffing?

Monkey business

Let your feet do the talking on 13 October and help raise money for the Worldwide Fund for Nature. To take part, all you need to do is ring 01483 426269 for a sponsorship form, and the first 10 callers who ring and mention *J17* will receive one of their baseball caps!



Fizzling!



Which girls

These four girls reckon beauty comes in all shapes and sizes. And they should know. They get paid to prove it...

Hand aid Kate, 18, isn't worried about her body - her hands are her fortune...

"No-one believes me when I tell them I'm a model but that's probably because my face and body don't appear in the TV ads. The ads are for bracelets, watches, pouring wine, serving food and doing up jeans. I make my fortune as a hand model.

Tough chat

I was told I couldn't make it as a fashion model. In fact one photographer told me that I was too short, my hair wasn't thick enough, I was too fat and my face was all wrong! I was really paranoid, but then I was approached by another photographer. He said

I had great hands and asked me to do some hands-only shots. Guess there was one part of me that wasn't too bad, after all!

Hands up!

I end up in all sorts of weird positions when I'm posing for hand shots. You have to keep your fingers and wrists looking elegant while your neck's craned out of the camera's firing line and your legs are splayed this way and that so you can keep your balance! The camera never tells the whole truth.

Sometimes you get a hostile reaction when you tell people you're a model,

mainly because they think you're going to be really bitchy and competitive. When they realise I'm a hand model, they relax and want to know more about it because it's different and interesting.

Find a niche

My advice to anyone who wants to get into modelling but doesn't think they have what it takes is find yourself a niche and go for it. I had super-chubby cheeks when I was younger, so I've never been that confident about the way I look. Feeling really proud of at least one part of my



body has definitely helped me get over that! I feel loads more confident now."

Fashion sense Emma, 15, never thought she could cut it as a fashion model...

"I became a fashion model after I was approached by a scout from Models One at a Capital Radio road show. She asked for my phone number and two days later the agency rang saying they wanted to see me.

When they offered me a contract, I was completely stunned, 'cause I always thought models had to be older

than me, really tall, skinny and totally perfect. I'd never considered myself to be classic model material - I'm a spotty, freckly redhead. At school, all the lads used to call me Pippi Longstocking!

Pros and cons

I don't think I've changed since I started modelling, but I've probably become more confident 'cause I've had proof that people think I look OK.

On the other hand, modelling does have its downside. When people don't know me and find out I'm a model, they get intimidated. They feel self-conscious and think I must be looking at them and picking out

their faults, which couldn't be further from the truth.

Relaxed approach

I'm like any other girl. There's stuff I like about my appearance and stuff that bugs me - I wish I was taller. But that's superficial. I'm going to make a go of modelling, but I won't let it take over my life."



A: The

...of these ...a model?

Real life looker **Debbie, 18**, a model who enjoys posing as a real person...

"At the end of my first assignment I burst into tears. It was for a national newspaper doing a story on girls who were the

same weight but had different body shapes. When I got there, the woman in charge of the shoot told me I was going to be called Miss Plump. I felt awful! She went on to tell everyone how gorgeous they were and how short and fat I was.

In demand

After that I vowed I'd never model again, but then I got a call from an agency asking me to pose as a young mum in a supermarket brochure. I thought if I model without being made to feel like a second class citizen, then fair enough.

I never thought I'd cut it as a fashion model 'cause I know I'm not skinny enough – my legs are a bit podgy and I get spots easily.

But I hate exercise and like fish and chips far too much, so I'm not prepared to do anything about it!

I'm pretty realistic about my looks. I'm not perfect, but then I don't pose as a perfect person. My early experiences of modelling have taught me never to try to be something I'm not. I think girls like Emma are too thin. From that point of view, I'd rather be overweight than under.

Model answer

I guess I'm a good role model for girls who think they're not perfect enough to be models – anyone is. There's a market for all types of women out there because that's the way the world is – everyone's different. Magazines can be hypocritical

'cause they tell us we should be happy the way we are and then they shove skinny models down our throats. I'm here to say it doesn't have to be that way!"



Big love **Maria, 19**, is a larger-size model for TV and ad campaigns...

"When I tell people I'm a model, they think I'm having a laugh. You see, I'm an outsize model for

the Ugly Agency and my speciality is TV extra work. I was in the original ad for Chris Evans' *TFI Friday* and a Screen Two production called *Brazen Hussies*.

High hopes

I've been large ever since I was six. But I'm not ashamed of my size. I reckon as long as you're comfortable with how you are, why not make the most of what you've got, even if it is a lot? My ambition is to be a model for Dawn French's 16-47 outsize clothes shop – and I'm going to make it!

I wouldn't mind losing a bit of weight, but I really hate dieting.

I normally do it between breakfast and lunch and then I break it! I was once asked to model some skimpy underwear, but I thought it was a bit over-the-top so I turned it down. Since I've been a model, I've become even more confident and self-assured.

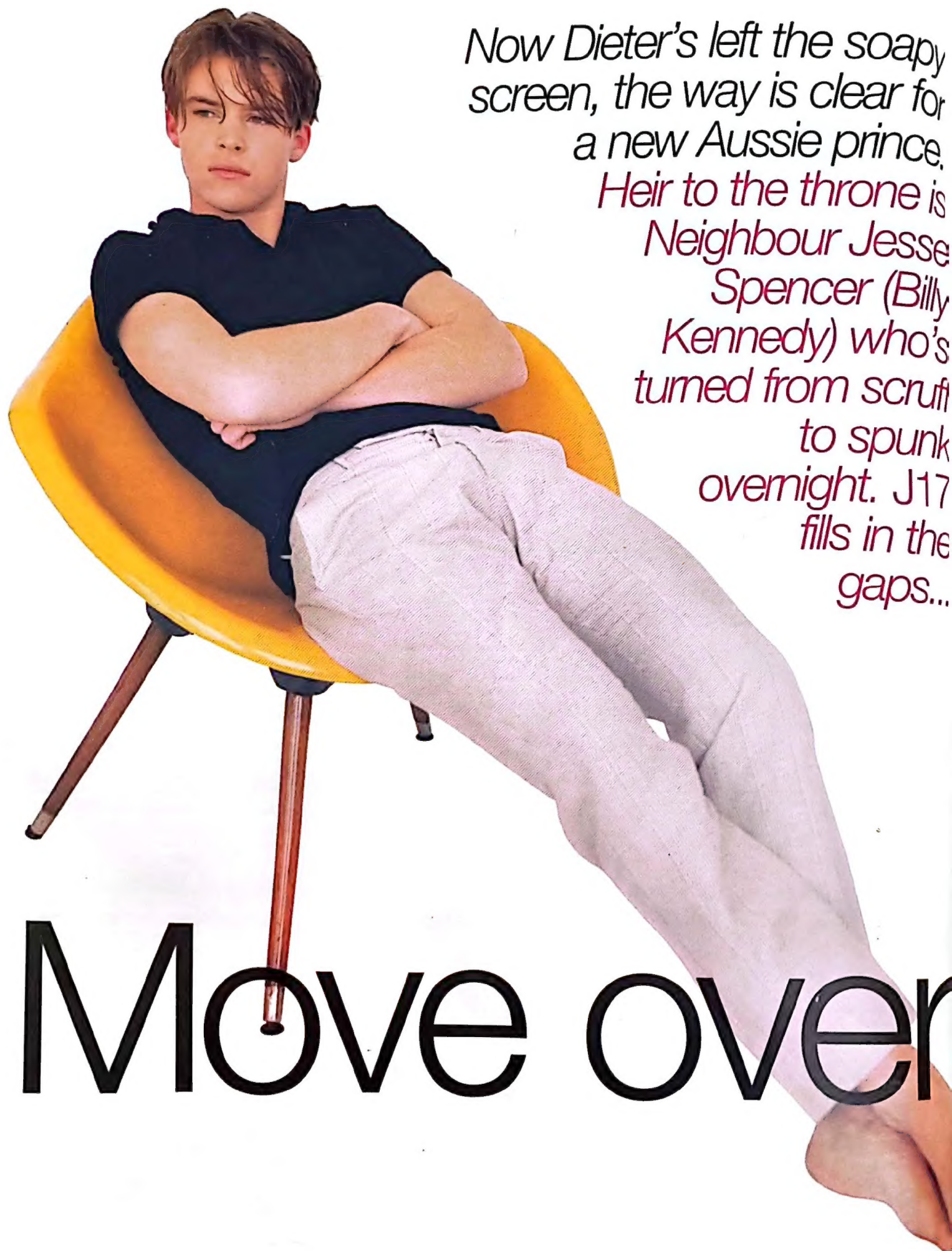
I'm exceptional

People think I'm abnormal, but I've got no desire to be average. And people also assume that because I'm fat, I'm really greedy. Actually, I eat very healthily – loads of fruit and salads!

I'd definitely recommend modelling for anyone who's not a Kate Moss look-alike 'cause there's plenty of work out there. People like me represent real women – most people don't look like supermodels. And I've got lots of mates and a super-skinny boyfriend who loves me just the way I am."



...all are!



Now Dieter's left the soapy screen, the way is clear for a new Aussie prince.

Heir to the throne is Neighbour Jesse Spencer (Billy Kennedy) who's turned from scruff to spunk overnight. J17 fills in the gaps...

Move over

What the jiggins has happened to wee Billy Kennedy? Well, he's obviously outgrown his shorts and stopped hanging around with little Hannah

Martin. Jesse Spencer (for it is he) was recently voted Prince Of TV by Australia's *Dolly* magazine, de-throning Dieter Brummer after three years.

So was Jesse pleased about his new stud status? Does Gary Barlow love choccy? When the news came through, Jesse was heard to crow, "Sorry Diet, but somebody had to do it! It's my turn to reign!"

Tell me more about this saucy little stud. Jesse was hatched on February 12, 1979 in Melbourne and lives in the South Eastern Suburbs with Ma 'n' Pa, Robyn and Rodney, older brothers Tamey and Luke, and wee sis, Polly.

Jesse, ain't that a girl's name? Nope, you're thinking of Jessie. Jesse (without an 'i') is actually quite a common boy's name in America, where Jesse's dad used to live. Jesse reckons his dad was inspired by the outlaw, Jesse James, the black political leader, Jesse Jackson, and a song by *Killing Me Softly* chick Roberta Flack called - surprise! - Jesse.

Enough with this name nonsense, what did Jesse do before he moved to Ramsay Street? Not surprisingly, Jesse was at school. And although he'd been in a few school plays, his showbiz career really took off when he joined the Australian Boys Choir at the tender age of seven. Jesse yodelled with 'em for six years and even appeared on *Good Morning Australia* crooning *Danny Boy*. He also came third in a TV talent show called *New Faces*, and then played an alien in an Ozzie sci-fi drama called *Time Trax*.

How did he get the *Neighbours* gig? Now there's a funny thing, 'cause Jesse originally went for the role of Brett Stark (which went to the amusingly named Brett Blewitt), only to be called back 18 months later to audition for Billy Kennedy. The rest, as they say, is history.

What with school and *Neighbours*, I guess Jesse doesn't have much time to do any of the things young lads like to do. You guessed wrong. For starters, Brett and his mates have started a band called Splayd, although Jesse is a bit vague as to their influences. "We're sort of a

has got to be "fun, self-confident, bubbly and generally a happy girl with a good sense of humour". Turn-offs for Jesse are girls who are "self-centred, self-conscious and shy".

Why isn't the funky fella dating? Over to Jesse. "I don't have time for girls in between school and *Neighbours*," he moans. "I get out and socialise, but girls take up so much time. If one came along I'd go, 'Yeah, OK, cool,' but I'm not hunting for one."

Has Jesse always been so laid back when it comes to pulling? Not really. There was a time when Jesse was bottom of the form when it came to lessons in love. Y'see, he used to be really shy around girls. As he says, "I'd talk to them but I'd never ask them out. In Year Nine, I started to get more confident, but I haven't had that many girlfriends - about four to be exact."

That's enough to be getting on with. So, which of his *Neighbours* co-stars really floats Jesse's boat? Although Jesse thinks "Kimberley Davies is a really cool chick," Casserole (the Kennedy's pet sheep) get his vote. Although Casserole, by all accounts, is a feisty little madam, Jesse would still like to kiss her - but not with tongues.

Thank Gawd for that! Bit of an animal lover, is our Jesse then? It's hard to say. "If Casserole ended up in a casserole, I'd scoff it," cries Jesse. "I'd be the first one in there." Thankfully, he doesn't seem to mind his sister's two poodles, Scooter and Trojan, although he reckons they look like sheep, so maybe his mum should keep a close eye on 'em.

Does Jesse have any plans for life after *Neighbours*? Jesse's got a hankering to travel to France so he can learn to speak *la langue française*. But at the moment, he doesn't know whether to keep on keepin' on with the old acting or go to university and study medicine.

I dunno, it's a tough life. What with all this acting and school stuff, does Jesse have any spare time? Indeed he does. When he wants to relax, Jesse can be found glued to *The X-Files*, slurping from a cup of mushroom soup, but he can usually be found engaged in all manner of energetic activities, namely surfing,

mix of all styles of music," he claims. "Although we're starting to write a few songs, we don't have much time because of school and all that."

OK, cut to the chase, who's he snogging? You'll be glad to hear that Jesse is currently single. If you're hoping to hot foot it over to Oz to nab him, pack plenty of personality. Jesse's ideal girlfriend

swimming, jogging and rock climbing. Jesse also loves basketball, football and athletics. In fact, he's even got a few trophies for long-distance running.

Lordy, is there anything that Jesse can't do? I'll have to come back to you on that one.

Don't fancy ours much!

How does Billy Kennedy rate next to our own home-grown, boy soapsters?

Gary Glover
from *Emmerdale*



Looks Brown, wavy hair and a few unfortunate zits.
Lives On a farm.
Loves Without much success. Gary's no competition compared to the lovely Billy, although being a farmer's boy, he could give him some tips on Casserole control!

Robbie Jackson

from *EastEnders*
Looks Every day's a bad hair day for the hapless Robbie.
Lives With the fiercest family in Albert Square!
Loves Wellard, and his mum! Robbie might be a sweet lad but he's not the stuff of a young girl's dreams.



Danny Simpson
from *Brookside*



Looks Like a seven-year-old.
Lives On Brookside Close, and in fear of the evil Tinhead.
Loves His computer. Give him a few years and, maybe young

Danny will become a spunkster, but don't hold your breath.

Nicky Tilsley
from *Coronation Street*

Looks Has turned into a right stunner of late, if you like the Prince William look.
Lives With his chinless mum and Martin, the grumpy stepdad from hell.

Loves He's more interested in running away than running off with someone. Nicky's a fighter, not a lover. Give us Billy any day.



Joe Wicks
from *EastEnders*



Looks Phew! Blimmin' gorgeous.
Lives On Planet Strange most of the time.
Loves Well, he does go out with Sarah the religious nutter, but it ain't lurve. He might be several houses short of a street,

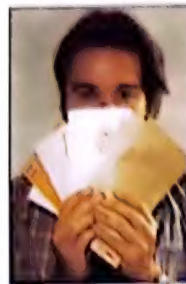
but Joe knocks spots off Billy Kennedy.

Dieter!

by Piers

mail

bonding



Pretty pleased or totally cheesed? If you feel strongly about summat why not scribble down your sentiments and send 'em into me, Piers, c/o 'Mail Bonding', J17, PO Box 417, London, WC2H 7TW. Best letter gets a goodie bag.

Star Letter

HACKED OFF

I was recently having my hair cut when I overheard a man telling someone how he'd confiscated his daughter's *J17* because it had too much sex in it. I'd just like to say 'get a life!' Us gals need *J17* to get our heads round sex when our parents aren't around. So wake up and smell the coffee, sir!

Kat, Blakelands

● Caps off to you Kat, we couldn't have put it better ourselves. The UK has the highest rate of unplanned teenage pregnancies in Western Europe, so why the olds want to ban an advice-friendly mag like *J17* is beyond us. Still, here's a goodie bag for knowing better than the folks who run the country.

Para-

NORMAL

I can't believe how the BBC treated our fine paralympians. The able-bodied Olympics filled our TV screens, day and night, yet the Paralympics didn't even warrant an hour - even though the UK won 122 medals. As a result of an accident I myself suffered temporary paralysis, and I know what hardship these people must have overcome to represent their country.

Vicki Andrews, Somerset

● Thanks for your letter, Vick. Amidst the glitz and glamour of a sporting celebfest like the Olympics, it's easy to forget sport's lesser known names. Let the paralympians' outstanding achievements speak for themselves.



Tiff's

RIFFS

I was flicking through an old mag recently when I came across a picture of an all-girl pop group called Milan,



consisting of Dionne Compton, Claudia Hill and Martine McCutcheon aka Tiffany from *EastEnders*. Say what? Can Tiff sing? If so, why hasn't this major fact been drawn to our attention before?!

Amy, Dundee

● Nice spotting, Ame. Sad but true, Tiff once was once in the left-over-from-the-'80s pop band Milan. But like girl pop colleagues Bananarama (remember them?) they proved as popular in the '90s as ra-ra skirts and legwarmers.

Totally

HATSTAND

My sister Amelia (below) is a long-standing fan of your esteemed publication, to the extent she can't be separated from it - even on the beach. Please print this photo to prove that her affection for your mag has been publicly acknowledged.

Bella, Middlesex

● Nice to know we're doing summat right, Bella. Please congratulate your sister on her admirable choice of magazine and stunning taste in headgear.



Fruit

FANCY

My friend Audrey was looking at one of my *Braveheart* posters and discovered that if you switch around the letters of Mel Gibson's name, it spells Big

Lemons. Interesting, huh?

Pamela, Glasgow

● Good spotting, Pammy. But why not switch the Gibster's name round a tad more to leave yourself with Big Melons. Far more appropriate for someone of Mel's size and stature we feel.



Making the mailbag bulge this week:

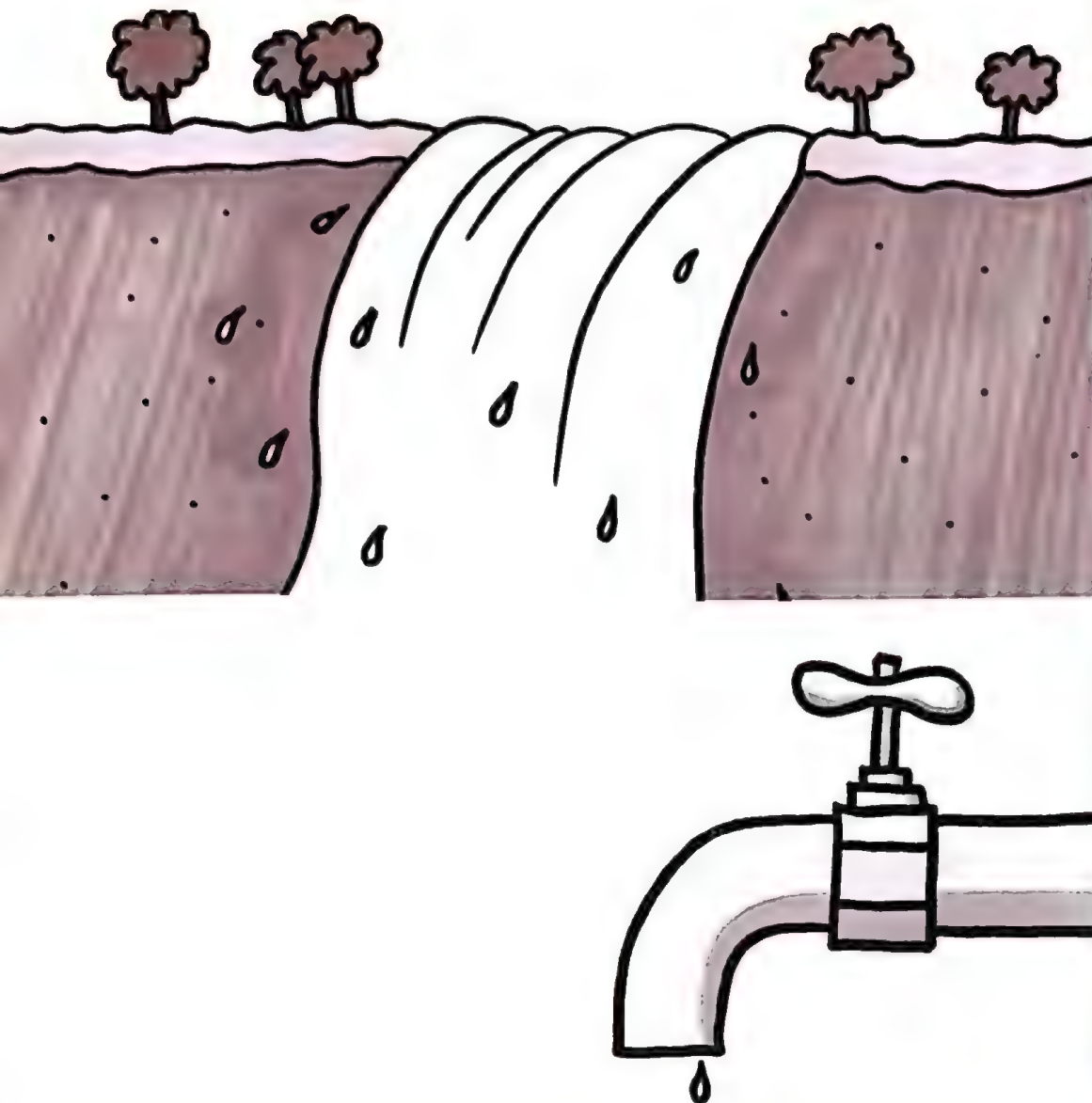
- ★ Love letters for Alexei Nemov ★
- What's the story with Oasis ★
- Lads who loved 'Largin' it ★
- Keanu's still cool ★
- The zig-a-zig-aah conundrum ★
- We love Will Smith

Life sucks!

by Polly Dunbar



Quick - everybody under the chair. Mum's coming!



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Mum, you're embarrassing

Does your ma nick your clothes and flirt with your boyfriends? Three J17 readers share the hell of life with a trendy mum...

There you are, expressing your cool credentials with every Hard Candy-covered nail, affecting a Liam-like sneer, and not afraid to dress to express. But what happens? Your mum's several degrees cooler, and the dazzling sheen off her PVC skirt threatens to leave you completely in the shade.

Style trial

Take Paula Yates (right). In her tiny tops, miniskirts and wedges, topped with an ever-changing 'do, how can 13-year-old Fifi Trixie Belle (left) compete?

Sadly, you don't have to have a publicity-mad mum to suffer from PMT (Preening Mother Tendency). Read on, and you'll bless the day your old ma became a Riverdance fan!



Fifi Trixie Belle: a lot to live up to!

"Mum's jealous of me"

Lucy, 17

Lucy lives with her mum, Sharon. Her dad left four years ago. Since then, Lucy's been plagued by a 'shallow, clothes obsessed' mum... "It seemed OK for Mum to be into trends, until I became a teenager. Then I wanted to be the one who shopped in cool shops and dyed my hair. She just didn't get it.

I began to get really irritated when she started nicking my clothes and jewellery, especially because I had to work every Saturday to earn the money to buy stuff. I'd come home from school to find her wearing my new outfits – sometimes before I'd even had a chance to wear them myself.

Last straw

The big falling-out happened when I had my bellybutton pierced. When I'd told my dad I was thinking about it he'd said no way. He even phoned Mum and told her that if I had it done, he'd stop my allowance. She agreed with him. But the very next day she came back with a silver hoop in her tummybutton!

I was livid and we had a massive row.

I told her she was pathetic and that she should act her age. She actually called me a spiteful bitch! It was like our roles had been reversed and I was being offended by her. She said I had my whole life ahead of me and I should let her enjoy herself while she was still young and attractive!

I hate to say this, but I can't stand living with my mum. She's like a psychotic flatmate. I'm 18 next year and then I'm getting out of here.

I've had enough."



Paula Yates: not yer average ma

"My mother wears Adidas"

Gemma, 18

Gemma's mum, Annette, goes OTT trying to 'relate' to Gemma...

"Mum seemed to change when I hit 15. My then boyfriend, Keith, owned a skatewear shop and sometimes brought me stuff to wear. One day, Mum commented on a shirt he had on, so the next time he came round he brought her one.

She started wearing it all the time and then, suddenly, it was like Mum was wearing all these clothes that looked really stupid on her. She's tall and skinny and

looked great in her own gear, so I just couldn't understand it.

I never got angry with her, just embarrassed. One day she picked me up at a mate's house wearing a long tube skirt, skate shoes and an Adidas top. I thought, 'Great outfit, Mum – but not on you!'

She bought Green Day albums so we'd have 'something to listen to around the house' and kept asking me to go out for a drink so we could have a girly chat! She even told me to call her Annette.

I got so irritated with the new mum that I eventually said, 'Don't

you think you're trying a bit too hard?'

Luckily she took it pretty well and said she was just trying to relate to me better.

Talking to her was a good thing, 'cause things are basically back to normal now. But then again, Mum hasn't thrown away the silver nail polish!"

...e soooo rassinging!

"She's a mate. I want a mum!"

Helen, 16

Helen's mum, Margaret, has always been her best pal. But now Helen needs a mum...

"It's always been just me and Mum. We've always spent loads of time together, so I've never minded her hanging around when my mates come over.

Mum used to pick out clothes for me and say stuff like, 'Oh I wish I could wear that. I'm far too fat'. But then two years ago she lost weight, got her hair cut and had her ears pierced. Soon my boy mates were saying she was a bit of alright!

Unfortunately, she got a bit carried away. One night she came on a date to the same club as me

and my friends. I was mortified.

Once my geography teacher even mistook Mum for my older sister. When she started saying things were 'all the rage', it made me want to puke! I stopped talking to her for a few days.

The turning point came when I thought I might be pregnant and needed Mum's help, but couldn't bear to say anything - I didn't think she'd cope. One day we were having a row and I blurted out how I thought I could be pregnant and how she was never around to talk to. She just hugged me and we had a really good talk.

Luckily my scare was a false alarm, but I'm almost glad it happened, 'cause it really changed my attitude to Mum. She still borrows all my new gear, but that's just what she's like on the surface. Underneath, she's still my mum."

Mum's the word

If your ma's suffering from a severe case of manic hipness, there are ways to cope. F'rinstance...

★ Work out why it bothers you. Maybe you feel she's competing with you in a bid to stay young. If so, show some compassion. Your mum's having a hard time adjusting to getting older, so give her some slack.

★ If you're bothered about her invading your space, make moves to keep your private life private. Start by locking away treasured items like your diary, and try to meet your mates away from your house for a while.

★ If you feel you've lost a mum and gained a hip friend, reaffirm her role as your ma by asking for her advice more often - she may relish being a mum if she feels you need her.

★ If you reckon things have gone too far, talk to her. Explain that you feel uncomfortable with her 'cool' behaviour. Then see if you can find a compromise. Making yourself understood can work wonders - for both of you.

Celebs do the funky momma...



Cher and sister, no daughter, Chastity



Slinky shades, a baby... Nicole Kidman gets her accessories sorted



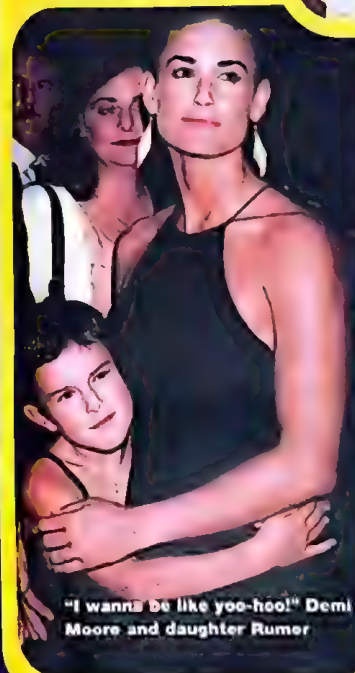
Steppin' out with trendy ma Melanie Griffith



Beautiful people: the Le Bon family



Baby Brandon Lee and mummy Pamela



"I wanna be like yoo-hee!" Demi Moore and daughter Rumer



Frances Bean Cobain with rock chick ma Courtney Love

A day in the life of a Willy

Rise up!
At the alarm clock rings and I struggle out of bed. I'm motivated by the prospect of a morning exercise class of tubulars. I don't set their alarm clock by – and was only dreaming about fast-foodies. I'm on my way to the bathroom, looking out to the hallway. I don't have the dog's eye out.

Clean up!
A brisk cold shower is the order of the day – it's the only cure for an unwanted stiffy. I realise that having a willy is the cause of most of the unnecessary suffering in my life. Tackle deflated, I concentrate on giving the old chap a good hosing down. The crotch is a notoriously perspiration-friendly area, so a lad has to make sure his tackle is in squeaky clean condition. Maybe they should replace RE with GH (Genital Hygiene) classes.

No relief
Need a wee. I'm feeling quite desperate. But there was no way I could manage it with the time left. Standing in attention. Not unless I could get a wee. I'm a wee bit desperate.

So you think periods make life hard? Try getting through the day with an unruly dude in your pants, says Eddy...

Shreddies
It's PE today, so I don't want anyone seeing me in my old Superman Y-fronts. Calvins are cool but can lead to unwanted trouser-tenting frontage while running round the pitch. Tight M&S briefs provide support, but there's the danger they won't flatter a low temp-shrunken member. Go for the boxers.

Tied up!
Uh-oh! Looks like I slid back too quickly. Now my shreddies have ridden up and are constricting Captain Down-Below. This is desperate. While not exactly painful, having your bits strangled by your pants is very uncomfortable. Worse, there's no way of freeing yourself without being obvious. I'll have to sit and suffer in silence.

Coldbitz!
Time for the most feared part of the lesson. Everyone has the shudders for some strange willy comparisons. The kids who feel a little on the inadequate side stand extra-close to the shower heads and never talk to anyone. Everyone else has cottoned on to this, so the shower block is awash with heckles of "Acoml".

Panic
Back seat of the bus with the lads. Karen, the fifth-form babe, sits in front of us and says hello – get panic attack that I'm gonna crack in front of her. On cue, the fruit of the loin stirs and all sparkling chat goes out of my head as I quickly plant my school bag on my lap and go bright red!

Wee willy
Lunch break, and time for a wee. Thinking about it, there aren't many things you can do with your winkle. So it's no surprise that there's something satisfying about taking a leak. The old man must get bored just sitting there all day. This wee break also gives me the opportunity to check out the tangle damage. Luckily I'm still in one piece.

Shakin' it
After the shower it's time for the weekly talc ritual. The short and curles retain a lot of water and no-one wants to spend too much time drying their privates. Either everyone'll get an eyeful or, worse, they'll think you're playing with yourself. So most lads use talc to soak up excess moisture. You may smell like a girly but it's better than having wet pants.

Check up
The pack steams out of the bus eager to start the school for another day's exciting learning (yeah, right). I hang back a couple of buses for a quick re-arrangement in the trouser area. Satisfied that I'm once again dressing to the left, I swing my bag free to my side and get going to my form room.

Result!
It's PE and it looks like I made the right underwear decision – everyone else is wearing boxers too. Plus, it's none too warm outside, so me and willy need all the insulation we can get.

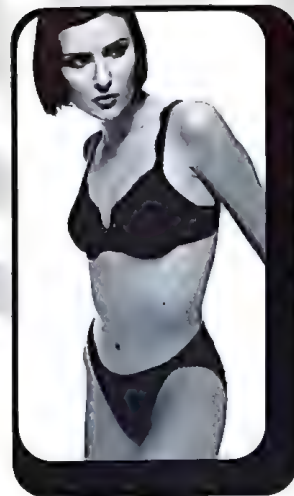
Right on
Torture's over and we all pile round Simon's house to 'revise'. We end up listening to CDs and the conversation turns to our laddhoods. Everyone's cagey when it comes to giving anything away about size or appearance – we're all worried whether we're normal or not. Satisfied my tackle isn't scarily big or weedy small, I head home.

Lyin' low
Two classes into the day and all's quiet in my undercrackers. Too quiet, in fact. I can't feel anything. So I think saucy thoughts. Nothing. Under the pretence of pulling out a tissue, I slip a hand into my pocket to check everything is present and correct. It is. Phew! I slide back in my chair in relief.

Tackle it
Knob disaster! That's a free kick awarded against us and I'm in the seat. It's hands-on. Guards, time's up and my brave comrades stare down the opposition. It's not, 'cause we're scared we'll score. It's, 'cause we're scared the football will whack us right in the crackerbacks. We all feel sorry for the chap who does get cranked.

Playtime
The funny thing with a penis is that no matter how tired it should be, it's always got time to play. I'm not going into detail about what happens next – but we all do it! Even the ones who say they don't...





FREEDOM

of movement

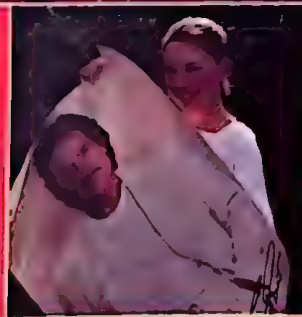
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**New!
10-page
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Over the next 10 pages, we bring you 13 amazing true experiences



Just Seventeen

Tons of toe-curling confessions every week

"Banged my bo

When **Fiona Joyce** (right) was 18 she lied for her boyfriend and ended up in jail...

It was a hot summer night, I'd arranged to pick up my boyfriend, Darius, and I was running late.

By the time I got to Darius' flat I was exhausted and didn't feel like driving to the pub, so he volunteered to do it. He was 18, the same age as me, and had passed his test but he wasn't insured to drive my car. Even so, Darius was a careful driver and I didn't think it would matter.

Not insured

We had a few soft drinks at the pub then decided to go to a nightclub. Darius drove out of the car park, but as he turned a corner he clipped the back wheel of a bike. The cyclist went crashing to the ground.

I knew the man wasn't seriously hurt as we'd hardly touched him, but Darius stopped to make sure, helped the man to his feet and apologised.

Fortunately the cyclist was fine and there wasn't any damage to his bike. So we carried on as planned.

Then, three weeks later, I was at my home in Oxfordshire when I got a letter from the police saying they wanted to hear my account of the accident.

Stand by your man

I was stunned. If the police found out Darius wasn't insured to drive my car we'd both be in big trouble. I'm a worrier at the best of times and the letter sent me into a state of shock.

I couldn't tell my parents about it as I knew they'd be really angry and disappointed, so I went straight to Darius.

"We'll be alright if we say you were driving," he said. "We'll both get off." I wasn't so sure but Darius was worried he'd lose his licence. I had no idea what to do. Should I stand by my boyfriend or tell the truth?

In the end I told the police I'd been driving and Darius was the passenger. But a few weeks later I was summoned to the local police station.

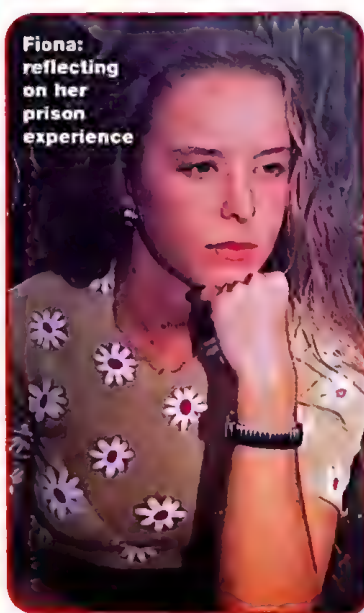
Under pressure

I was terrified. At first I told the interviewing policeman that I'd been driving. But he didn't believe me. Apparently a witness had seen a male driving my car. "You'll be in big trouble if you're covering up for someone," he said.

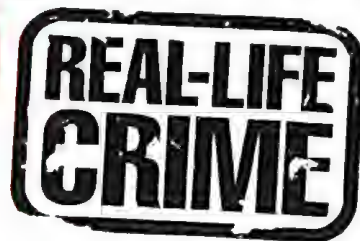
At that I just broke down and told the truth. The police then charged me with perverting the course of justice, and Darius with careless driving, driving without insurance and failing to report an accident.

When I told Darius what I'd done he

**Fiona:
reflecting
on her
prison
experience**



d up for protecting y friend''



Fiona and Darius are still together

he said everything would work out alright.

We appeared at the magistrates court in Oxford and the charges against Darius were dropped. I thought that would be an end to it, but I was then told I'd have to go to crown court for the charge of perverting the course of justice.

I was stunned. I couldn't believe Darius was getting off scot-free while I was going to court. We argued all the time as we waited for my case to come up.

Breaking point

Life became a nightmare. I wanted to tell Mum and Dad that Darius had been driving, but they were being so supportive I couldn't bear to.

But the pressure on me got so immense that the night before my trial I finally cracked and told my parents the truth. The next day, Dad persuaded me to

"He was only worried about losing his licence."

went mad. "Why did you change the story?" he asked.

In too deep

We talked for ages and gradually he persuaded me to say I'd been harassed by the police into saying that he'd been driving. I hated lying again but I believed Darius when

admit to the court that I had perverted the course of justice and lied about who was driving. Darius was furious when he found out, and stormed off.

We didn't speak for two weeks afterwards. I knew he was being selfish and was only worried about

losing his licence, and I felt relieved knowing I'd finally told the truth.

Darius didn't even bother coming to my final court hearing. Most of it passed in a daze. Then I heard the word "Holloway" and I knew I was going to prison. My legs went weak and I burst into tears.

Convicted

I was sentenced to three months for perverting the course of justice. I'd expected to be punished – community service, maybe – but I never thought I'd go to jail. Before I knew it I was being bundled into a van.

At the prison, my cell was tiny and I had to share it with three other girls. It had four camp beds, a sink and a toilet. It was disgusting. The walls were crumbling, dirty and covered in writing. I wanted to cry. I couldn't believe I'd got into so much trouble for telling a lie.

After the first week, I was moved upstairs to the main area and put into a different cell with three other girls. One was really aggressive and kept trying to start fights. I asked to be moved but the warden said, "No". From then on, I tried not to make eye contact with anyone.

A few days later the warden gave me a message to call Darius. When we finally spoke, we cried for most of the call. He felt really guilty.

Press and publicity

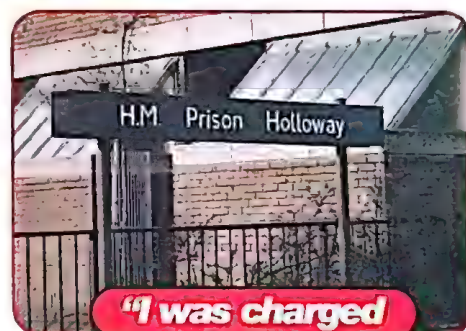
My family were allowed a 45-minute visit every fortnight. Darius came along once when my brother couldn't make it, but it was obvious that seeing me in prison was hard for him. He barely said a word.

The situation was desperate but my parents said they were doing all they could to get me out and that gave me some hope. They showed me cuttings from the local paper

about my case and said they'd been on local radio talking about me.

Free at last

Three weeks after I'd first been sent to jail I was allowed to appeal. The three judges reduced my sentence from three months to 28 days. I'd already served 20 days so they said I was free to go, but I was told if I did anything wrong within the remaining eight days I'd



"I was charged with perverting the course of justice."

go right back to jail. I was ecstatic. I couldn't believe I was free.

Since then I haven't been tempted to do anything so stupid. I just wish I'd admitted everything at the start and avoided the whole nightmare.

Darius and I are still together. He says he'd never have pushed me into lying if he'd known what would happen. People seem shocked that I'm not more angry at Darius. But we both made a mistake and now it's time to put it all behind us."

ADVICE

- Never let an uninsured driver anywhere near your car. As Fiona discovered, it can lead to disaster.
- Obstructing justice is a serious crime. So remember, if you ever find yourself in a jam, don't try to be your way out of it. You'll only have to pay for it in the end.

The days of leaving school at 14 to work down a mine or up a chimney are long gone (we hope!), but a recent survey shows that – in terms of the way employers treat young workers – Britain is still living in the Dark Ages. Of 2,000 pupils questioned in the north of England and Scotland, nine out of ten were working illegally, with no insurance and for an average wage of £1.50 an hour.



ALL

J17 spoke to two young workers who were forced to endure **slave labour...**

"We worked all day and slept on a dirty mattress!"

Skye Meredith, 17, (below) and her friends thought working in a Greek hotel would solve their holiday problems. Big mistake...



Skye (right) and her friend, hard at work in the kitchen

"For ages my two best mates and I talked about getting summer jobs.

So when we were offered work in a Greek hotel, we jumped at it. The place belonged to a family friend and we were told we'd get free food, accommodation and money for four hours work a day.

We planned to work for four weeks, then spend two travelling. It seemed the perfect holiday. We couldn't have been more wrong.

Heartbreak hotel

We became suspicious the moment we stepped off the plane, when we caught a taxi to the hotel and had to pay the £60 fare ourselves.

Then, 'cause it was four in the morning, we went straight to bed. Our bedroom was a tiny space with three dirty mattresses on the floor and when we woke up the next morning we were covered in lumps. It turned out that flea-ridden dogs slept on the mattresses too.

The next morning we made a pact to get our work done as quickly as possible and then get out and enjoy the sunshine. The hotel manager obviously had other ideas. He thought we'd signed up for full time employment and had us working from seven in the morning 'til gone eight at night.

A dirty job

The worst job was cleaning out the loos because all the used toilet paper had to be put in bins as it wouldn't go down the pipes. We had to clean the rooms, the bathrooms, sweep round the grounds, do all the washing and ironing, help cook breakfast, lunch and supper, do all the washing-up and any other odd jobs.



Skye: grabbing some well-earned rest

We complained about the long hours and appalling work conditions but we didn't get anywhere. The only thing that made it bearable was the night-life.

Club for life

Money was tight because we hadn't been paid but we thought we'd get something at the end of the month. But when our day of departure arrived, we still hadn't been paid. In the end, we had to ask and they gave us £50 between us and paid £40 towards the taxi. We'd earned £10 each in a month.

We couldn't change the times of our return flights to Britain, so we had to survive the next fortnight on what little cash we'd saved before we left. This meant we had to hitch-hike everywhere. We even had to camp on the beach because we couldn't afford the camp-sites. We had to scrounge food and

drink from locals and survived mainly on bread as it was cheap.

Never again

At the end of the six weeks we had just enough money to travel back to the airport. Looking back, our experience was pretty awful, but it did teach me to think for myself. And I'll never take a job without written details of the terms and conditions of employment again."

Every day a wash day...



"We worked from 7am until 8pm at night."

Work and no pay

"I was their skivvy for 80p an hour!"

Jodie, 16, thought working as a nanny wouldn't affect her social life – but she ended up with no time for laughs...

"After dropping out of college I landed a job as a 'mother's helper'. My parents were piling on the pressure to find work when a friend told me about a job looking after three-year-old Ben and helping his mum, Steph, around the house. The last thing I wanted to do was cleaning and I'd never changed a nappy in my life but Mum and Dad said, "Tough! You're taking it!"

That was it. Three days later I was packed off from Leeds to a small village in Norfolk. I was told I'd get £100 a week for working from 7am to 5pm five days a week, with accommodation and food included.

Early bird

The first few weeks weren't too bad. Although Ben woke me up at 5am every morning, I did have a few breaks and weekends off. But then I let on I was into horses, and as Steph owned some stables she got me to help there as well.

That meant at 7.30 every morning I headed off to the stables with Ben in tow to muck-out eight horses. All the time I had to keep one eye on the kid and the other on the

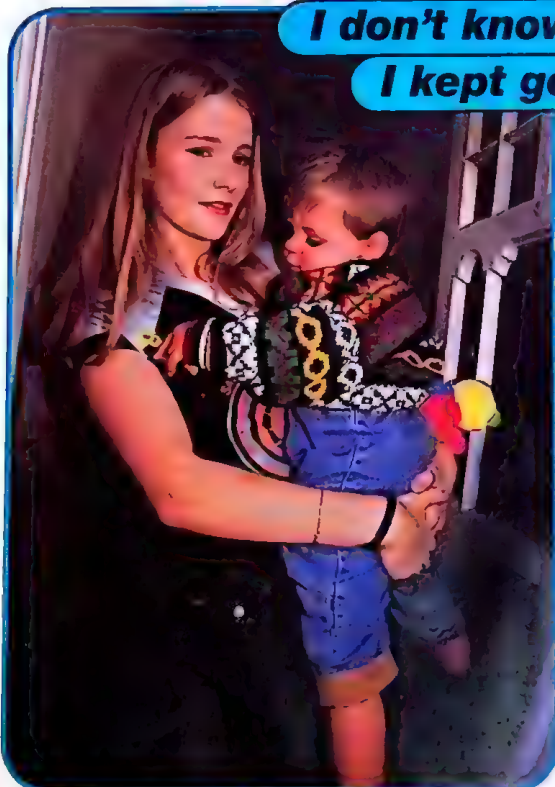
horses. It was hell. Then, when Ben had his 10am nap, instead of getting a break I'd clean the saddles and exercise the horses. And it wasn't long before I was helping out with the business at weekends too. It was knacker-

and I never finished at five o'clock. I'd put Ben to bed about seven in the evening, then I'd have to tidy up and do all the washing, ironing and cleaning. On top of that I was babysitting about four nights a week so I rarely got to bed before 11pm.

Overworked, underfed

And the food situation was a joke. Steph hardly ate a thing so there was never any food in the house. I had to buy my own and most of the time I'd end up sharing it with her to get her to eat something.

"I was shattered. I don't know how I kept going."



And I had to cycle to the shops with

Ben on the back of the bike, which was exhausting.

My wages probably worked out to less than 80p an hour and I was so shattered I don't know how I kept going.

Wised up

I think I did it because I hate saying no to people, and Steph was such a nice person and so grateful for the help.

Steph never actually asked me to do all the jobs I ended up doing, but she was a complete workaholic which made me feel obliged to help her out. I worked there for about nine months and

never actually saved a penny.

Looking back, the whole experience did make me more independent, but if I did it again I'd just keep my mouth shut and do as little as possible. Sometimes you have to be a bit selfish."

Workers rights and wrongs

As far as the law is concerned, rights for young workers amount to precious little. There are no special laws governing pay and conditions for young workers but part of the 1933 Children's and Young Person's Act touches on the issue of employment.

The law says no to

- Employment for under 14s.
- Work before 7am or after 7pm.
- More than two hours work on school days or Sundays.
- Carrying heavy weights.

And yes to

- 14 and 15 year-olds working up to five hours a day at weekends and school holidays, but no more than 25 hours a week.
- Over 15s working up to eight hours a day or a maximum 35 hour week during school holidays.

If your work conditions don't reflect the guidelines above, you have the right to complain, so discuss the best course of action with a friend, parent or guardian. If it's a more serious matter speak to a Citizens' Advice Bureau and stand up for what little rights the law allows you.

"Anorexia almost killed me"

Emma Casale, 16, (right) went on a diet and ended up almost starving herself to death...

"As a child I was never fat but I'd been plump as long as I could remember. I'd started my periods when I was eight and, by the time I was 12, my figure had developed. All my friends were still really skinny so I went on a bit of a diet to be more like them. I just cut out chocolate and crisps, but within a few months I'd lost quite a lot of weight.

School pressure

I'd recently started secondary school and was under pressure to do well, so losing weight gave me a real boost. I looked good and had never felt happier or more confident. Then I decided to take things a stage further.

From cutting down on snacks, I went to skipping whole meals.

I knew it wasn't the right thing to do, but I was so pleased at being successful at something it just spurred me on. Within a few months, I had stopped eating during the day and only ate a light snack in the evening. I began feeling faint and tired and, as the weeks passed, I stopped eating in the evenings too.

Since the beginning of my 'diet' I'd lost almost a stone and a half and become stick-thin. I started taking time off school because I didn't have enough energy. My parents became really

worried. 'Can't you eat a bit more?' they'd plead. 'Just for us.' But something inside refused to let me eat properly and although my parents had guessed I was anorexic, they had no idea how to deal with it.

Distorted image

It was only when I saw how concerned they were that I realised my dieting had got out of control and decided to see a doctor. I was referred to a counsellor, but she left soon after to have a baby and I had to fend for myself once again.

Although everyone else said I looked skinny and ill, I felt like the fattest person on earth. I couldn't stand to see one small curve and

when I saw my reflection, I'd panic and eat nothing for days before going on a huge bingeing session.

By the time I was 14, I'd lost three stone and weighed

a bag of bones, I was convinced I was fat. I knew I'd die if I carried on, but starving myself had become a way of life.

I was admitted to hospital. They set me a target weight, but I couldn't handle the idea. I spent six weeks feeling depressed and

in the end I discharged myself without making any improvement.

The turning point

That was my lowest point. I wasn't eating anything at all and I spent all my time lying in bed at home. I couldn't get up because I didn't have the strength.

In the end, Mum felt so desperate

she booked me an appointment with a consultant. All the pressures and problems I'd gone through the last three years came pouring out. Suddenly, I realised I was 15, bedridden and starving myself to death. With the help of the counsellor I managed to start getting back to normal.

The next six months were difficult. I had to change my lifestyle but I did reach my target weight and could get out of bed and study for my GCSEs.

I wasn't strong enough to go back to school so I studied at home. It was hard going because I'd missed almost two years of school but I slogged away and managed to pass all my exams with A grades. I felt very proud



Emma is using her experience to help others



"Every time I tried to stand up, I blacked out."

6st 10lb.

My periods had stopped, my pulse was very slow and every time I tried to stand up, I blacked out. I was frightened, but I couldn't bring myself to eat more. Putting on weight was my ultimate nightmare. Even though I looked

and me

BODY BLUES



of myself, and when I was 16 I went back to school full time. I told everyone the truth about why I'd been off school. My friends were very supportive and helped me get up to date with

once I'd started talking, I found the whole thing quite easy.

Afterwards, a few girls asked me for advice. I remembered all the times I'd needed help and decided to set up a help group at school.

Facing the future

For the past year now, I've been warning people at school about the dangers of eating disorders and offering advice to those with problems – thankfully most of them weren't as serious as mine were.

I feel great knowing there's somewhere for them to go for help and I hope I can help somebody avoid what I suffered.

I've never felt better than I do now and I've recovered from my problems. Even so, I don't think I'll ever have a normal relationship with food. I'm eating well and weigh 7st 10lb, but I still carry a calculator to add up the calories. I'm not sure what the future holds but I'm determined never to slip back into anorexia. It could have cost me my life."

"Putting on weight was my ultimate nightmare."

my school work. I was really touched, and knowing how much they cared about me helped me

stick to my healthy eating regime.

One of my teachers wanted to organise a talk about eating disorders. 'Do you know anyone who might be able to give a speech on them?' she asked. I mentioned a few names and reeled off lots of advice and she said, 'You certainly seem to know what you're talking about. Would you consider doing it?'

Helping others

At first, I didn't think I was capable but I realised there weren't many people who knew more about eating disorders than me.

I was so nervous before the speech I couldn't stop shaking, but I felt it was important to warn others about anorexia. Luckily,

Advice

- If you or someone you know refuses to eat, binges or makes themselves sick you must get help before the problem gets even worse.
- The Eating Disorders Association helpline (01603 624 310) is available Monday to Friday, 9am-6.30pm. For more specific advice for under 18s, you can call the youth line (01603 765 050) which is available Monday to Friday, 4pm-6pm.
- Call First Steps to Freedom (01926 851608) every day, 10am-10pm, for counselling on any anxiety-related disorder.

"My best mate's lad was irresistible"

LOVE AGAINST THE ODDS

For 17-year-old Margot Zella (below) life was simple – 'til she fell for her best mate's boyfriend...

"I first set eyes on Jeffrey in a nightclub. He was really handsome and a cool dancer. As soon as I spotted him I thought, 'He's perfect. I want him'.

I kept trying to get his attention but he didn't notice me. I thought about asking him out but he was with a crowd of mates and I didn't have the guts.

A few days later, I bumped into my best mate Tracy and he was standing next to her.

Impossible love

A few days beforehand she'd told me she'd started going out with someone, but I hadn't had a chance to meet him yet. Suddenly, I realised Jeffrey must be her new boyfriend. My heart sank. I was totally jealous.

We all got talking and I began to like Jeffrey even more. He was sweet and a good laugh but I knew my friendship with Tracy was more important than any boy, so I forced myself not to stare at him. After that, we often went out in a group but I gave up all thoughts of going out with Jeffrey.

Now's my chance

Some time later, Tracy told me she and Jeffrey weren't getting on that well so they'd decided to split up. She said they both wanted to be friends. I was very sympathetic towards her but I also secretly felt quite pleased.

'Right,' I thought. 'It's my turn now.' I knew I had to snap him up, so the next time we all went out, I came on pretty strong and invited him to go for a walk with me.



Margot couldn't help herself...



...and fell for Jeffrey

First kiss

As we walked, Jeffrey said it was all over between him and Tracy and we had our first kiss under the stars. It was beautiful and romantic. I told Tracy about Jeffrey as I didn't

want to hide it. Although she didn't want him back, I think she was a bit jealous, but I felt jealous of her too. After all, she'd been out with Jeffrey first. Gradually, we talked about it and decided

"I realised Jeffrey must be her boyfriend. My heart sank."

everything was cool. We knew our friendship was too good to waste and now we're closer than ever.

Shared future

Jeffrey and I have been together for over two years now and we're really in love. A few weeks ago I told him I'd like to get engaged on my 18th birthday next year. I was ecstatic when he agreed. I can't wait to spend my future with him."

Just as I was about to...

MUSIC MAYHEM

by bites ★ Reality bites ★ Reality bites

"Crushed by Terrorvision's tour bus"

At the Phoenix Festival, **Daniel Duffey, 15**, (below) went to sleep and woke to find a **bus on top of him...**

"This summer I went to the Phoenix Festival and spent four days camping, seeing bands and having a brilliant time.

On the last night I went to watch *Trainspotting* in one of the smaller tents. But halfway through the film I felt really tired so I went outside, got into my sleeping bag and crashed out on the ground.

Heavy sleeper

I slept really soundly 'til I was woken by a huge weight on my chest. I opened my eyes and saw a bus driving over me.

I was in such deep shock I couldn't feel any pain – I just watched the bus move off me and drive away.

Seconds later, I staggered to my feet and heard myself saying, 'Oh my God, I don't believe it. I've just been run over.' Then I passed out.

When I finally came to I was in the Coventry and Warwick Hospital near my home. Mum was watching over me, looking really worried, and I was in a massive amount of pain.

Apparently, the bus had been taking some of the members of Terrorvision (one of my favourite bands) home after they'd performed.

The bus had driven right over the length of my body. Luckily, there was a gap between the

double wheels and my head fitted through it. If I'd been lying differently or moved an inch I could have been killed.

Appalling injuries

Even so, my injuries were pretty extensive. My pelvis, collar bone and parts of my spine had all been fractured. I also had internal injuries and a ripped scrotum which made me pretty worried in case my willy had been seriously damaged.

Mum was very brave and gave me lots of reassurance, but the doctors weren't sure that I'd ever

be able to walk again and I couldn't help feeling depressed. Eventually

I went through a five-hour

operation and was pinned back together. When I was finally allowed out of bed I had to get around on a zimmer frame.

I looked like an old man but I didn't care, I was just relieved I could actually use my legs.

All apologies

The guys from Terrorvision sent me loads of presents and even had a tyre-mark printed on the back of the T-shirts they were planning to sell at the Reading Festival, as a mark of respect for me.

Mean Fiddler, the organisers of the festival, sent me a CD player so I could listen to music while I was on my back. It was nice to get so many gifts, but none of them were worth getting run over for.

A month after first going into hospital, I was finally allowed to go home. I can get about on crutches, but whenever I go out of the house I have to use a wheelchair.

The accident has changed my whole life. I've had to give up running and football and I won't be



Daniel and the official Terrorvision T-shirt commemorating his ordeal

"I watched the bus move off me and drive away."

"I had a five-hour operation and was pinned together."

well enough to go back to school for months so I'll have to do my GCSEs a year late.

Even my career has been affected. I'd always wanted to be in the army and had been offered a place in the Green Jackets but now I'll never be fit enough to join up.

Compensation

I don't blame Terrorvision for the accident, it's not as if they were

driving the bus or anything, but Mum and I have decided to sue the other people involved with the incident. We both deserve compensation for what we've been through.

I still find it hard to believe that taking a nap in my sleeping bag has led to all this trauma but I'm determined to get rid of my wheelchair and get my life back to normal as soon as I can."



"Engelbert Humperdinck's my secret hero"

Lauren Hall, 13, (right) has a secret pin-up who's old enough to be her grandad...

"I was nine when I first came across Engelbert Humperdinck. My mum played me one of his CDs, and as I listened to his deep voice singing soft, romantic songs I immediately became a fan.

Among friends

Mum was a member of the Starlite club, an Engelbert fan club, so she took me to one

of their meetings.

I was quite nervous

because I didn't know anyone else and they were all quite a lot older than me. But they were really friendly and we spent the evening watching videos of Engelbert.

About a year later Mum took me to see him in concert in Birmingham. It was a bit weird because the place was filled with middle-aged women screaming and singing but I still had a brilliant time. Mum and I were right

in front of the stage and I had a great view. Engelbert was wearing a smart suit and had his dark hair slicked back.

I knew he didn't like fans throwing flowers at him during songs 'cause it put him off, so I waited 'til he finished a song to hold out a rose. He caught sight of it and walked towards me. He took the rose and

gave me an initialled hankie. His hand felt all warm

"Engelbert will always come first."

and lovely. I was thrilled.

Soon after, Mum and I found out he'd be signing records in a shop in Leicester, so we travelled from our home in Suffolk to see him. There was a big crowd outside the shop and I started to get quite excited.

Another encounter

Eventually I got to the front and handed Engelbert a CD and picture



Lauren and a treasured Engelbert poster.

to sign. 'Hello,' he said. 'How are you?' 'Fine,' I replied. 'I went to your concert in Birmingham.' He gave me back my signed things and suddenly the queue behind me pushed me towards the exit. Secretly I was relieved because I didn't really know what to say to Engelbert.

This year I went to America on

holiday with my family. Mum and I went to find Engelbert's home, the Pink Palace on Sunset Boulevard. The whole place was bright pink and had a heart-shaped swimming pool. Sadly we didn't spot Engelbert!

Treasured possession

I know Engelbert's old enough to be my grandad and it's not as if I think he's sexy or anything but I can't help loving his songs.

No-one's ever taken the mickey out of me for liking Engelbert but that's probably because I don't tell many people. If my mates come round I take my posters down in case they laugh at me. I like Oasis, Blur and TLC too, but if I had to choose, Engelbert would always come first.

I'm saving up to go and see him in concert in December, and I can't wait. I've still got the hankie he gave me. I've never washed it, I just keep it safely hidden in my drawer. It's something I'll always treasure."

As told to: Adelaide Photo: Assignment

"My Bon Jovi gig hell"

Clare Allman, 16, (right) went to see her favourite band live and ended up at a police station at three in the morning...

"My best mate Charmaine and I were huge Bon Jovi fans. We used to get loads of luck from everyone at school but we didn't really care

Then we discovered Bon Jovi

were going to play at the Milton Keynes Bowl, not far from our homes. We had to pay £27.75 each for

our tickets but we knew it'd be worth every penny.

C marks the spot

On the day Charmaine's dad drove us to the venue and we arranged a time and place to meet at the end

of the gig to avoid the chaos. Charmaine's dad said he'd tell my parents to pick us up at 10.30pm at the gate to car park 'C' where he'd left us. Then we said goodbye

The actual concert was fantastic

The band did so many encores that we were quite late leaving but I knew my

parents would wait. Even so, we ran to the car park. When we got there we couldn't see the car anywhere

Charmaine and I walked round the car park again and again without any luck. As the hours passed it

started getting really cold so we huddled together. By 1.30am the entire place had emptied.

I began to think my parents could have been involved in a car crash and, what with being tired and cold, Charmaine and I were close to tears.

Police rescue

Eventually we found some stewards. They said the venue was now closed to cars, and lent us a mobile phone but neither of us could get through to our families.

I was beginning to think we'd never get home when a two policemen offered to drive us round to look for our parents. Whenever someone reported seeing a car like my dad's over the radio they'd try and catch up with it but we never quite made it. Finally, at about 3am, they took us to the police station.

Re-united

We'd only been there a little while when my dad appeared. I burst into tears 'cause I thought he was going to be furious, but luckily he was just relieved that we were all right.

The whole experience really shook me up and all my memories of the concert have been ruined by it. Charmaine and I still love Bon Jovi but even they weren't worth the nightmare we went through."



Clare (right) and Charmaine at a nightmare experience.

A Bon Jovi spokeswoman said:

"We were sorry to hear of Clare's plight. Unfortunately after such a huge concert the traffic was congested for several hours. Sadly, the only way to be sure of avoiding this problem is to watch a live video in the comfort of your own home."

Advice

- If you are going to a big outdoor concert, it's worth phoning the venue to find out if there are any official meeting points where you can arrange to be picked up from.
- Always carry the number of a taxi firm, in case you get stranded.

As told to: Laura Photo: Mia Bartlett

“Who was the of my bal

When **Dawn, 17**, was dumped she thought a one-night-stand would make her feel better. But **she was horribly wrong...**

“Chris was my first serious boyfriend, and I couldn't have been happier. I thought we'd be together for years. We'd been seeing each other for a couple of months when we decided to make love. There was no pressure from Chris, it was totally my decision. When we did finally sleep together, he was so loving. I couldn't have wished for anything more. We really seemed to click.

We were always careful when we had sex, but Chris didn't like using condoms. 'I hate those things,' he kept saying. 'Can't you go on the Pill?' I was more than happy to, so I asked my mum if I could make an appointment to see a doctor.

'I don't think it's a good idea,' she said. 'You're only 16. You shouldn't rush into sex. There's plenty of time for that kind of thing.'

I thought she'd already guessed that Chris and I were sleeping together but, from what she'd said, it was obvious she believed I was still a virgin. I didn't want to disappoint her so I kept quiet and we continued to use condoms.

Then Chris started behaving strangely. Whenever we were together he seemed distracted and hardly said a word. I kept asking if something was wrong, but he just shrugged his shoulders.

Silent treatment

Eventually, it got too much for me so, when we were alone at his house, I asked, 'Are you seeing someone else?' 'Of course not,' he replied. 'So what's wrong?' I continued. 'Nothing for you to worry about,' he said as he leant forward to kiss me.

We hugged, then Chris started to undress me. I felt so relieved because I thought there was no way he'd want to sleep with me if he was about to dump me.

After we'd had sex, there was no time to lie around 'cause Chris's parents were due back. We jumped

out of bed, then Chris went white as a sheet. 'The condom's ripped,' he said.

I felt the panic rising inside me and I started shaking, but Chris managed to calm me down. 'It's the first time it's ever happened to us,' he said. 'I'm sure it won't be a problem.' I wanted him to be right, so I put it to the back of my mind.

Shock rejection

A couple of days later, Chris said he had something to tell me. 'I have very strong feelings for you,' he began. 'But I've fallen in love with someone else and I want to be with her.'

I was devastated. Chris was

"It was obvious Mum believed I was still a virgin. I didn't want to disappoint her so I kept quiet."

the only bloke I'd ever loved and now he was deserting me. I felt totally alone.

That night, my friends persuaded me to go out with them. I wasn't in the mood, but they wouldn't take no for an answer.

We went to a club and, one by one, all my mates got off with boys. I felt like such a loser I decided to leave. I wanted to sit somewhere and have a bit of a think so I went into a nearby pub.

I walked up to the bar and immediately saw Chris. My heart leapt. I thought it was fate and that we were bound to get back together. Then I noticed the girl draped all over him. I felt so sick it took all my strength not to throw up there and then.

Crazy behaviour

I didn't know what to do 'til I noticed the guy next to me at the bar. He wasn't that attractive, but I started chatting him up in the hope that Chris would feel jealous

and take me back. My new friend, Dominic, bought me drink after drink and I started getting pretty merry.

Chris watched us most of the

time and looked quite concerned because he'd never seen me being so outrageous. Eventually he came over and asked, 'Do you need rescuing?'

I wanted to make him as jealous



father by?"

as possible, so I ignored him and snuggled up close to Dominic. In the end, Chris left with his 'girlfriend' and I agreed to go back to Dominic's place.

Error of judgement

As soon as I stepped into Dominic's seedy little flat, I knew I'd made a mistake. But he offered me a whisky and I forgot my wimes. I knew we'd end up in bed together, but by then I was too drunk to care.

When Dominic started touching me with his slimy hands, I tried to imagine he was Chris, but it didn't work.

As we began to have sex, I asked if he had a condom. 'No, I don't use them,' he replied, before carrying on. I just prayed for it all to end and was relieved when he finally rolled off of me and fell into a deep sleep.

First thing the next morning, I left his flat and cried all the way home. I was disgusted with myself, but as the days passed I decided I'd just have to try and forget the whole thing and learn to live without Chris.

Then I missed a period. My mate Carly had to help me buy a pregnancy test 'cause I was so upset. When it showed positive, I went to the doctor and he said I was pregnant.

Secret abortion

I hadn't told anyone about Dominic, so Carly assumed the baby was Chris's. She

thought I should tell him straightaway but I couldn't bear to let him believe I was carrying his baby when it could have been Dominic's.

I knew Chris would probably have come back to me if he'd

SEX CONFESSION

thought I was having his child, but I couldn't do it. He would have been with me out of a sense of duty, not because he wanted to.

So, without telling anyone, I had an abortion. I couldn't see any other answer. I'm still trying to

deal with what happened.

I'll never tell anyone what I've done - I'm too

ashamed - but I know I'll never be so stupid again. I just hope I'll be able to put the whole thing in the past and get on with my life."

"Chris went white as a sheet. The condom's ripped," he said."

Advice

- Sex with a stranger is extremely unsafe - you don't know their sex, why most men?
- Abortion can result in pregnancy and sexually transmitted infections
- Always make sure you have this if she'd got emergency contraception from her GP local family planning clinic or Brook Advisory Centre straight after the condom had split. It can prevent pregnancy up to 72 hours after unprotected sex
- Sex under 16 is illegal
- For contraception information go to your local Brook Advisory Centre (ring 0171 711 5000)

If you have a real-life experience to share, send it to 'Reality Bites', J17, 20 Orange Street, London WC2H 7ED. Please include your phone number in case we have to check any facts. If your story's printed we'll pay you up to £50.

Snog fest



STAR LETTER

The real thing

Dear Gavin,
Since I first saw you two and a half years ago, I knew I'd never stop liking you. But you went out with my best friend, then someone else. When I moved house, I thought I'd never see you. Then you walked down my street, and I couldn't believe my eyes. One Sunday night when we were together, I plucked up the courage to ask you out. I thought I was dreaming when you said yes, but when you kissed me I knew it was for real. That was seven months ago and I still love you with all my heart.

Kerryo

(South Devon)

Forever love

Dear Mum & Chris,
I hope this is a nice surprise! I just wanted you to know that I will love you both forever, and the day you became Mr & Mrs Colby was one of the happiest days of my life. I hope you'll stay together forever.

All my love

Jemma (Haverhill)

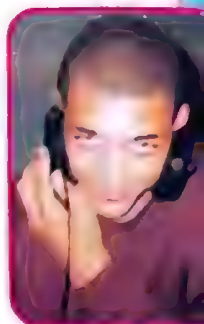


Meltdown

Dear Mark,
We've been together for seven months, and although there are days when you make me mad, as soon as I see you I end up melting. This is to let you know I love you, and if ever you need a hug or friendly advice I'll always be here for you. You make me so happy, so now it's my turn to show you how much I care for you - you're one in a million.

All my love & kisses

Kelly xx (Dagenham)



Only you

Dear Mark,
I knew I loved you from our first kiss under the mistletoe, and since then you've been the only one on my mind. My so-called friend betrayed me with her lies and I thought I wouldn't survive without you. But I've got on with life and recently we've shared some wonderful times. I just wanted you to know that I'll always love you.

Always and forever

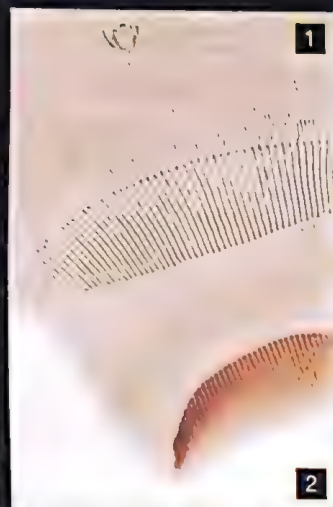
Kaz
(Somerset)



Send your letters of love and photos to Snogfest, J17, 20 Orange Street, London, WC2H 7ED. The writer of the star letter each week wins a bottle of So...? for girls with a certain attitude! Remember we can't print any letters without a photo!

supermodel must-haves

Behind the scenes, our Kate and her buddies have an image all their own. So, dahlings, here's our guide to all the gear you need to look like a supermod – air kisses all round, sweeties!



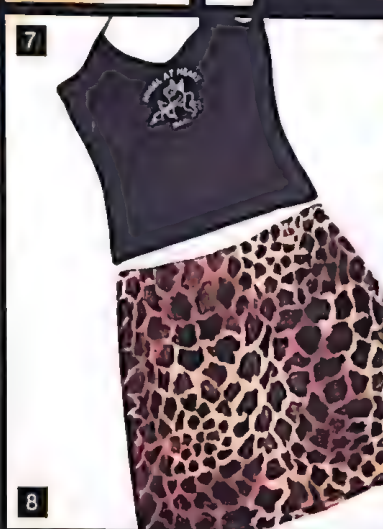
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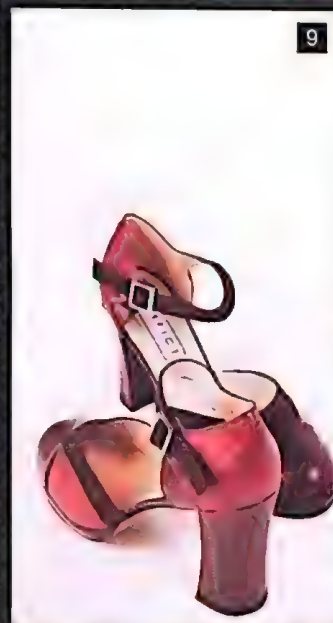
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9



They may not go to school, but the supers have their very own uniform...



12



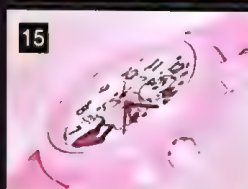
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17



15



16

And no self-respecting supermod would be seen without these little essentials

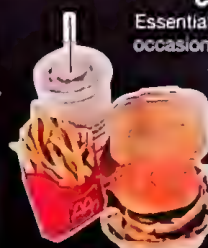


☒ **Mobile Phone**
Useful away from loved ones. Vital for last minute restaurant bookings and for looking cool backstage.

☒ **Mineral water**
They've gotta have it, to battle jet-lagged complexions and keep cool.

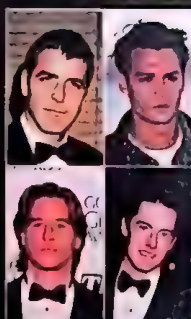


☒ **Little black book**
Useful for all those phone numbers and secret rendezvous.



☒ **Big Mac meal**
Who says models don't eat junk food! A necessity, jetting from city to city.

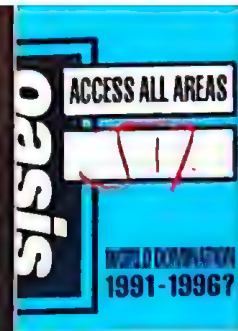
☒ **Celebrity boyfriends**
Essential arm-candy for public occasions. Choose from magicians, actors or rock stars!



- 1 Gold 'Tiffany' necklace catalogue no: 234 0263 **£8.99** from **Argos**
- 2 Camel roll neck **£19.99** from **H&M**
- 3 Second-hand 501s **£30** from **American Classics**
- 4 Twin set cardigan **£39.99** and sweater **£29.99** from **Kookai**
- 5 Charity T-shirt (in kids' sizes) **£2.99** from **H&M**
- 6 PVC 'leather' skirt **£45** by **Trigger Happy**
- 7 Halter neck top **£11.99** from **Jeffrey Rogers**
- 8 Animal print skirt from a selection at **Kookai**
- 9 Prada-style sandals **£49.99** from **Office**
- 10 Purple patent shopper **£20** from **Gullivers**
- 11 Pinstripe hipsters **£29.99** from **H&M**
- 12 Trainers **£39.99** by **Converse**
- 13 Fake-fur jacket **£45** from **C&A** (they'd rather go naked than wear the real thing!)
- 14 Maxi skirt **£29.99** from **Oasis**
- 15 Minnie Mouse watch **£16.99** from **H. Samuel**
- 16 Bug wrap shades **£15** by **121**
- 17 Patent knee-high boots **£56.99** from **Office**

oasis

1991-1996?



J17 takes you behind the scenes with intimate pics of Oasis as you've never seen them before...

"This is my first band and my first rock 'n' roll experience and it'll be my last. I mean that from the bottom of my heart." Noel

"It's what it's all about – being a pop star and getting birds. I'm mad for it." Liam

"We're bigger than Jesus. We will be as big as The Beatles, if not bigger." Liam

"Liam's a brilliant frontman, he stamps his authority over everything he sings. I can't even come close." Noel

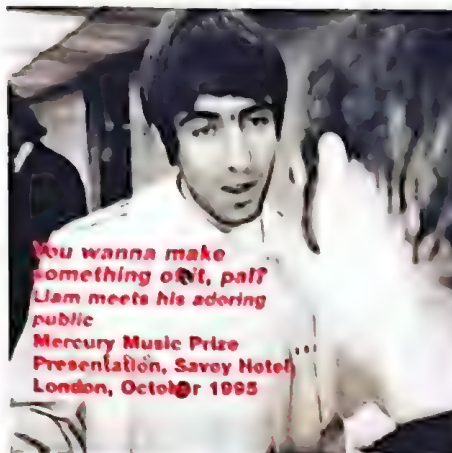
Please don't put your life in the hands of a rock 'n' roll band, who'll throw it all away...

"We're not splitting up and I've got no plans to go solo in the next five years. I suppose a solo record is inevitable. We are gonna have to do other things." Noel

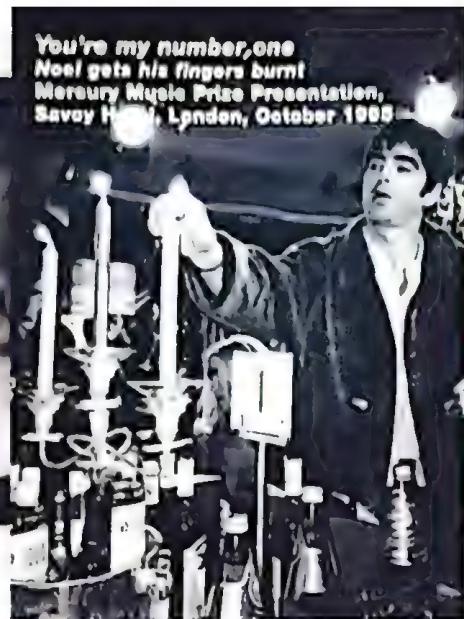
"I'm just a lad and that's that." Liam

**Rockin' in his rocking chair
Liam looking lovely on the set of the Roll With It vid.
Kings Cross, London 1995**

**pull out
picture spesh!**



You wanna make something out, pal?
Liam meets his adoring public
Mercury Music Prize Presentation, Savoy Hotel, London, October 1995



You're my number one
Noel gets his fingers burnt
Mercury Music Prize Presentation, Savoy Hotel, London, October 1995

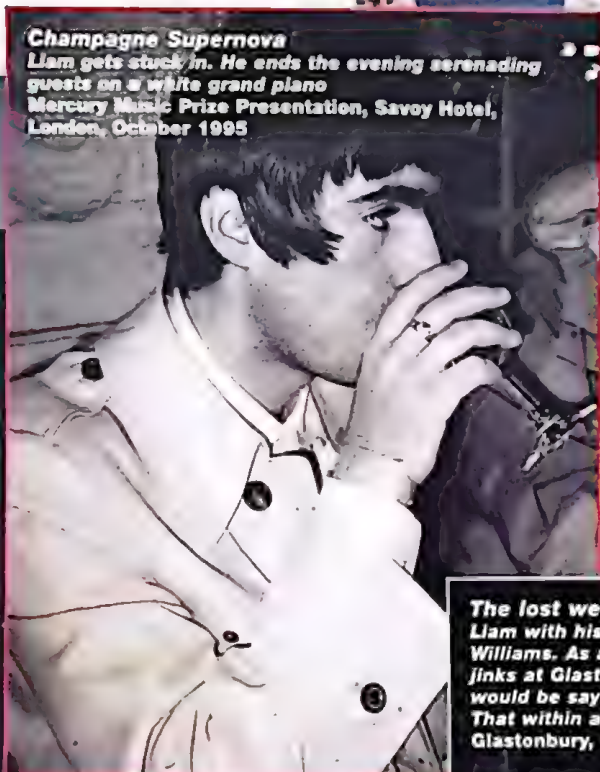


Let them eat grape...
Noel does his best Julius Caesar
impersonation
John Stewart TV Show, New York, November 1995

Five lads who shook the world - a year in the life of Oasis



Liam gets liquid
Our kid in suitable mean
'n' moody pose backstage
Liquid Room, Tokyo,
September 1995



Champagne Supernova
Liam gets stuck in. He ends the evening serenading
guests on a white grand piano
Mercury Music Prize Presentation, Savoy Hotel,
London, October 1995



The wild man of rock
When you're in Oasis,
no-one can hear you scream



The blokes at the back
Alan White looks pensive,
Guigey looks stoopid



The last weekend
Liam with his good mate, Robbie
Williams. As a result of his high
jinks at Glasto with Oasis, Robbie
would be saying goodbye to Take
That within a month
Glastonbury, June 1995



After all, it was my wonderful Noel with the 'eye of his lion' that won the Mercury Music Prize Presentation, Savoy Hotel, London, October 1995



I'm with him
Liam and Bonehead come over all tired and emotional
Mercury Music Prize Presentation, Savoy Hotel, London, October 1995

Perform in the USA
The sign says it all...

Don't fancy yours much!
The sexiest man in pop?
Er, no...



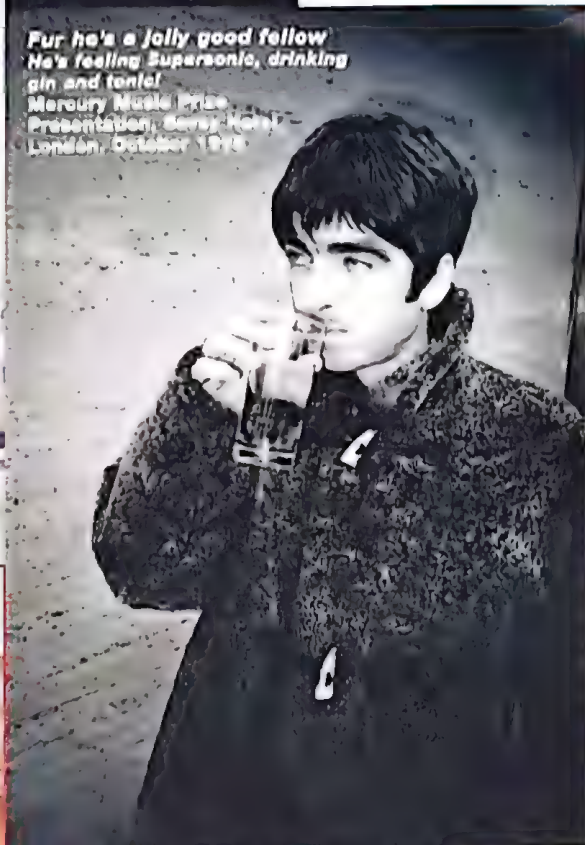
Fur he's a jolly good fellow
He's feeling Superheroic, drinking gin and tonic!
Mercury Music Prize Presentation, Savoy Hotel, London, October 1995



FREE ASPIRIN &
UNDER SYMPATHY



Elvis lives!
Liam starts to buckle under the pressure



'Ear we go...
Liam looks puzzled backstage
Glastonbury, June 1998



Super scooters
Liam parks his 'pride and joy', a vintage 1985 Lambretta scooter, in the back garden of his mum's house
Burnage, August 1995





Dancing in the streets
Liam demonstrates the nifty two-step shuffle that made him famous
Austin, Texas, 1995



J17 Oasis book offer

These exclusive photos are from the book *Oasis. Definitely* by Tim Abbott (Pavilion, £14.99). The book is available, by mail order, only to J17 readers at the special price of £12.99. Just fill in the coupon below, and send it together with a cheque to Oasis Book Offer, Bookpoint Ltd, 39 Milton Park, Abingdon, Oxon, OX14 4TD.

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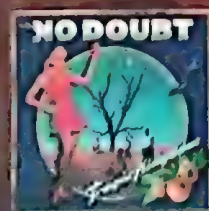
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Is he your cup of tea?

Downing a cuppa is as commonplace as *Corrie*, but did you know that a cup holds the answer to your destiny? The art of tea-drinking dates back thousands of years, to China and India. At first it was seen as a fancy item for the rich, but then cuppas caught on with the common folks. People noticed the leaves left patterns in the bottom of the cup, started reading their fortunes from them and the art of tea-leaf reading (tasseomancy) was born.

Lovin' spoonful

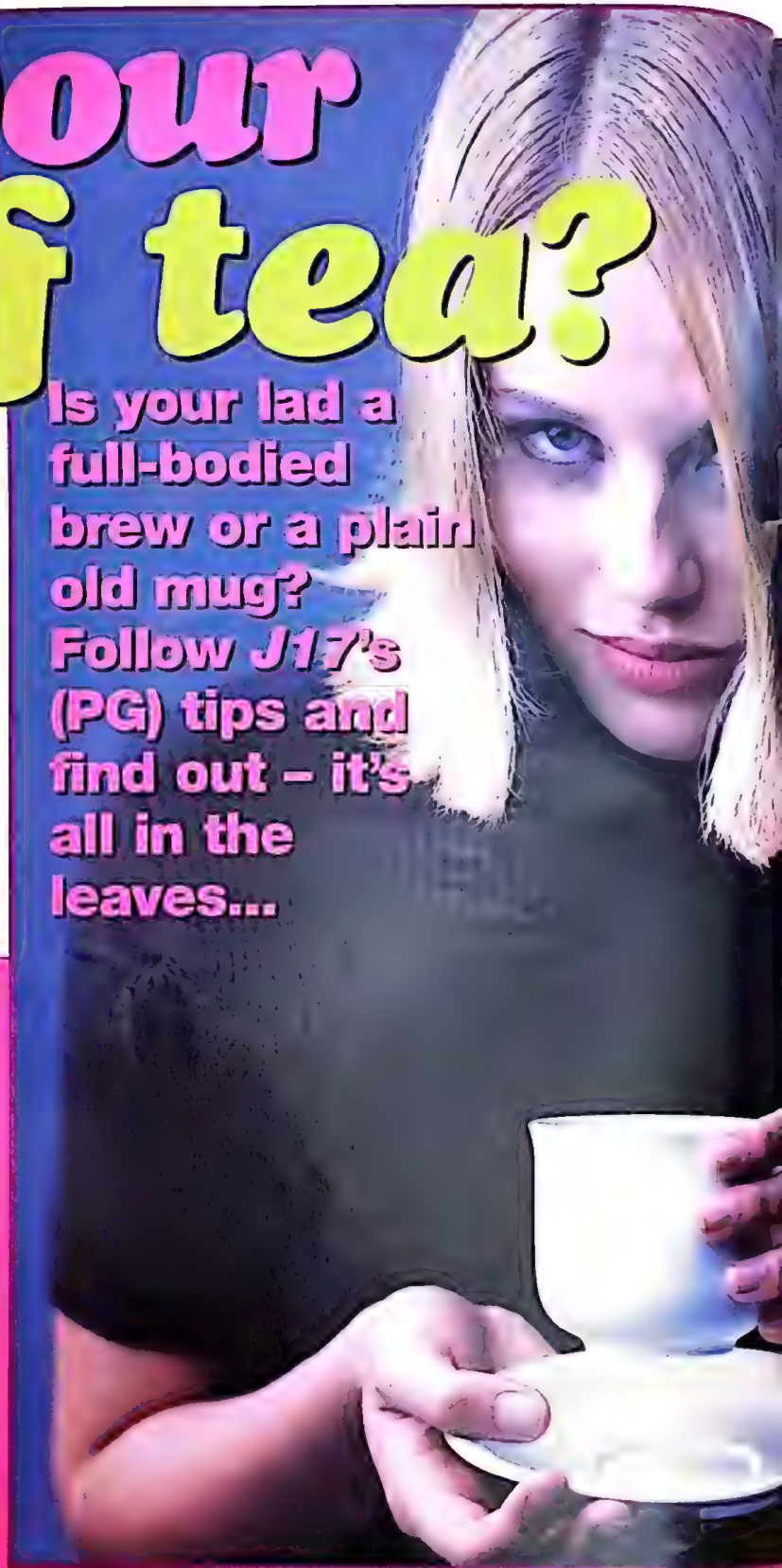
You'll need a cup and saucer, some tea leaves and boiling water. Pop the loose leaves into

a cup, add some boiling water and swirl the mixture towards you three times, anti-clockwise. Turn the cup upside down into the saucer, pour away the liquid, then turn the cup right way up.

It's a mugs' game

Are the leaves near the rim of the cup or at the base? This positioning indicates future events. Leaves closest to the rim represent imminent events, and the ones at the base are distant. If leaves are near the handle, this is your family life. Leaves opposite the handle represent your future career. But bear in mind there are no strict rules – the leaves are open to interpretation...

Is your lad a full-bodied brew or a plain old mug? Follow J17's (PG) tips and find out – it's all in the leaves...



Storm in a tea cup

Gaze into the murky dregs and see if you can recognise any of these shapes...



Apple Be careful you're not smothering your lad with too much maternal love. It's a relationship with less lust and more chance of going bust.

boy is telling you the truth? A cat in the cup forewarns of troubles and deception ahead. Perhaps he's eyeing up another bird! Ouch!



Arch New, exciting relationship ahoi! If you're boyfriend-less, it could mean snogs a-go-go. If you already have one, you might find yourself straying.



Crescent moon The moon signifies growth and maturity. So you and your lad should grow together and be happy.



Axe Beware of obstacles, like constant rows with your guy. So consider your options. If all else fails, make a new start.



Crown A love match made in tea heaven! You'll be blessed with a right royal relationship.



Butterfly Butterflies are hard to pin down, and so are boyfriends. Your lad might be wishing he was set free.



Fish Fishy shapes are good omens. You two are destined to swim together and smoothly negotiate any stormy waters.



Cat If you've got a moggie in your cup, you've got to ask yourself if your



Flower Flower symbols or bouquets in the cup mean that the relationship will bloom and flourish. Just add water!



Gun Guns represent future problems. There's no chance of a shotgun wedding – this relationship won't go the distance.



Heart A heart can mean a proposal of marriage (yikes!), but it can also signify a strong relationship.



Guitar Guitars mean life, love and lust. So you'll be twanging each other's strings for a long time to come.



Mushroom A 'shroom means you and your boyfriend will argue. Read the other signs around it to see if it's final.

Tea for two

Not content to offer just tea and sympathy, we questioned two pairs of lovebirds, Lucie and Jon, and Stephen and Nikki, to see if the tea leaves were telling the truth...

Name: Lucie
Age: 17

Lucie's leaves revealed a car, a cactus, a circle, flames, grapes, an hourglass, a shell and a triangle. The cactus, flames, car and hourglass signify problems and the shell, extravagance. The circle, triangle and grapes represent good fortune.

Name: Jon
Age: 18

Jon's cup had a bouquet, butterfly, car, corn, egg, and necklace. The

bouquet signifies romance, the butterfly means he's hard to pin down. The corn and egg mean



Lucie makes a special brew with Jon

prosperity and new projects. The necklace is a secret admirer.

Lucie, your tea leaves showed a cactus. So, are there problems on the horizon? "I'm in Liverpool and Jon's in Canterbury. So we'll just have to see how a long-distance relationship goes."

What did you think of Jon's reading? "It's spot on, especially the butterfly – he likes his space. The egg could be his new course at college."

So, is Jon your cup of tea? "Yes, we're well-matched in some respects, but we'll have to wait and see. It's good he's

started college 'cause we'll both have our own lives."

Do you believe the leaves? "I don't believe in this kind of thing, but having my tea leaves read changed my mind slightly."

Is it a storm in a tea cup, then? "No, my reading was just right, especially the car. It means past problems, and we had disasters getting together. The shell meant extravagance. My motto is, 'See, like, buy!'"

Now, on to Jon...
Uh-oh, guy, you got the butterfly symbol. Are you a hard lad to pin down? "Yeah. I love going out with the lads, so maybe it's true."

That car symbol? Had problems in the past, eh? "Yes, it took us about two months to get together."

The necklace means a secret admirer. Wish you had one, big boy? "I'd love one. It would be flattering, but it's probably not true. And Lucie would kill me!"

A storm in a tea cup? "The readings seem quite good. But it could be a coincidence or a load of rubbish."

Name: Nikki
Age: 18

Nikki's cup revealed a heart, an egg, a question mark, a butterfly and a bear. The heart means a proposal, the egg, a new project and the question mark and bear warn of problems. The butterfly suggests flightiness.

Name: Stephen
Age: 19

Stephen's revealed a rainbow, fruit, a boot, initials and an anchor. The rainbow and fruit mean happy times ahead, the boot protection from arguments and the anchor, stability. Finally, the initial means you'll meet someone new with that initial.

Nikki, your tea leaves say you've got a new project. "Yes, that's right. I've just started working."

You're a butterfly, flitting here and there. Are mates

more important than boyfriends? "I consider Stephen my friend. But whoever needs me most, whether it's my boyfriend or mates, I'm there."



What did you think of Stephen's reading? "Pretty good. He's trustworthy and he's about to leave London and begin a new course in Birmingham so that's a new project. But as for the initial S – that sounds a bit worrying."

The heart symbol means a proposal – any chance? "No way, we're too young."

Is Stephen your cup of tea? "I certainly think so! We're best mates, which is how a relationship should be."

Now on to Stephen...
There was an initial S in your leaves – should Nikki worry? "No. Nikki would kill me if I went off with a girl".

The leaves say you're starting a new project – is it true? "Yes, I've just started a Graphic Design course in Birmingham."

Are you a nice, down-to-earth guy? "I guess so! I'm definitely trustworthy – honest."

Is Nicky one of the girls? "No. She's quite fair and spends time with both me and them."

A storm in a tea cup then? "I don't know, but I do know Nikki's definitely my cup of tea."



Star Your life doesn't quite match up to your expectations, but the blockage is set to clear and a starry spunkster will appear.



Triangle If the wide end is near the base, good luck and loving will come your way. If it's reversed, the opposite is true.

Style supremo or fashion flake?

When it comes to matters of style, what matters to you?

1 Your current look is

- a) Tragic – call 999!
- b) Effortlessly magic.
- c) Manic, but oh-so fashionable.
- d) So radical you may get arrested.

2 On your feet you've got

- a) Ten toes – or at least there were when you last counted.
- b) Tartan socks under last year's jellies. In other words, whatever!
- c) Birkenstocks – they're so in.
- d) The latest Vans or Northwave styles as it's important to keep up.

3 When you hear the new Kula Shaker single you

- a) Rush out and buy it. You wanna beat the crowd.
- b) Muse, "Ooh, I don't like this Koolha song..."
- c) Have already got a bootleg of it from an early, secret gig.
- d) Sigh. You don't give a toss about 'famous for five minutes' bands.

4 On hearing the phrase 'chocolate brown' you think

- a) "Ah, this season's must-have – the 'new black'! Can't stop, gotta shop!"
- b) "Yum, something to cram into my mouth."
- c) "What a boring, rubbish colour!"
- d) "I've got stacks of chic brown items. What's new?"

5 If you're given a bobble hat you'd

- a) Wear it clubbing.
- b) Save it for snowy days 'cause it's not a Kangol.
- c) Burn it in the garden, chanting, "Death to easy-listening poseurs!"
- d) Put it on the teapot. There, that's better.

6 You'd never be caught dead wearing

- a) Anything that wasn't designer label. As if!

b) Anything that was designer label. You're no pack-following Valley Girl.

- c) Anything that didn't look 100 per cent chill – you'll mix name labels with charity-store fare for individual chic.
- d) Nice clothes. That's for wimps!

7 Your ideal holiday venue would be

- a) Home. Hey, you've got TV!
- b) Somewhere old with spooky stone circles, like Stonehenge.
- c) Ibiza, 'cause everyone's going there to club and snog.
- d) New York, 'cause no-one else is going there and you want a slice of Big Apple pie.

8 Need to look sexy for a hot date? You'd aim for

- a) Backless.
- b) Strapless.
- c) Careless.
- d) Timeless.

So how cool and world-shaking are you? Add up yer scores:

- | | | | |
|---------|------|------|------|
| 1) a) 0 | b) 3 | c) 2 | d) 1 |
| 2) a) 0 | b) 1 | c) 2 | d) 3 |
| 3) a) 2 | b) 0 | c) 3 | d) 1 |
| 4) a) 2 | b) 0 | c) 1 | d) 3 |
| 5) a) 3 | b) 2 | c) 1 | d) 0 |
| 6) a) 2 | b) 1 | c) 3 | d) 0 |
| 7) a) 0 | b) 1 | c) 2 | d) 3 |
| 8) a) 3 | b) 2 | c) 0 | d) 1 |

Style queen (18-24)

You're the leader of the style pack, first with the trendy news and already at the places others aspire to go. You've got the top labels, but you don't need a designer to tell you what works and what doesn't. Beware, though – being this cool can make you seem icy.

Label head (12-17)

You're more of a follower than a style-definer. You'll chase the latest 'in' thing and that's OK if it's cool trainers, but bad news if it's purple flares with a poncho and mules. Sometimes it's worth thinking for yourself, rather than letting this year's fashion jury think for you. Our advice to you? Learn more about the real you, rather than the one that comes with a label attached.

Radical chic (6-11)

You don't follow trends and, 'cause you're so far out and wild, the trends can't keep up with you either. You've got your own wild-child thing going down so you don't feel the need to be in with the in-crowd. Remember, being alternative is cool, but being too freaky might alienate you from your mates. After all, buying trainers doesn't make you a consumerist slave, does it?

Bit of a geek (0-5)

This whole fashion malarky seems to pass you by. Heck, you wouldn't recognise a lifestyle craze if it hit you on the head with an Oasis CD! This makes life cheap and relaxing, but you could be missing out on some fun, some friends and some white-hot shopping. Get hipper!

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take that

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Marla
...te shirt from a selection in the
New Year department at Marks & Spencer
Painted with Dylon squeeze fabric paint
£2.45 from John Lewis and Colour Fun soft
... paint £1.42 by Dylon
... £3.50 from C&A

Garland yourself with floral prints and fake fur.
Suddenly everything looks rosy, petal...



Nancy

- ★ Floral cord shirt **£49.99** from **Kookai**
- ★ Black lace skirt **£29.99** from **Diva**

Maria

- ★ Cream fake fur jacket from a selection from **Freemans**
- ★ Red jumper from a selection from **Chippie**
- ★ Black rose/lace skirt **£22.99** from **Diva**

Louise

- ★ Red and yellow rose print dress **£29.99** from **Apple Tree**
- ★ White/lace slip (worn underneath) **£19.99** from **Knickerbox**
- ★ Red cardigan from a selection at **Benetton**

Ring of roses



Nancy

- ★ Black shirt with red rose print **£19.99** from **Freemans**
- ★ Rose coloured glasses: models own
- ★ Gold chain link hair style no: 234/9570 **£9.50** from **Argos**
- ★ Rose hair clip from a selection by **Johnnie Loves Rosie**

Ring of roses



Nancy
 ★ Pink angora mix cardigan **£44.99** from **Jeffrey Rogers**
 ★ Blue floral dress **£19.99** from **Knickerbox**
 ★ Black lace dress **£49.99** from **Kookai**
 ★ Pink heart necklace **£3.50** from **C&A**
 ★ Suede bar shoes style number M21125G18 **£34.99** from **Next Directory**



Louise
 ★ Red and yellow rose print dress **£29.99** from **Apple Tree**
 ★ White lace slip **£19.99** from **Knickerbox**
 ★ Red cardigan from a selection at **Benetton**
 ★ Gold chain and heart pendant style no. 235/8743 **£24.99** from **Argos**
 ★ Hair clips from **£4** each by **Johnnie Loves Rosie**



Nancy
 ★ Long rose print skirt **£39** from **Miss Money Penny**
 ★ Plum fur jacket from a selection by **Trigger Happy**
 ★ Maroon fluffy hat **£29.50** by **Kangel**
 ★ Black bag **£10.99** from **River Island** with rose attached from a selection by **Johnnie Loves Rosie**



Maria
 ★ Red velvet v-neck style no. UU13364 **£16.99** from **Freemans**
 ★ Black skirt with rose print **£18.50** from **La Redoute**
 ★ Cream bag **£9.99** from **Hennes**
 ★ Maroon shoes **£40** from **Miss Selfridge**

Louise

- ★ Brown fake fur jacket style no: WK64084 **£59.99** from **Freemans**
- ★ Red stretch dress **£21.99** from **Top Shop**
- ★ Rose and clips in hair from **£4** each by **Johnnie Loves Rosie**

Nancy

- ★ Pink rose dress **£39.99** by **Miss Money Penny**
- ★ Pale pink cardigan **£44.99** from **Jeffrey Rogers**
- ★ Rose clip in hair from **£4** each from **Johnnie Loves Rosie**



Ring of roses

Maria

- ★ Black rose halter dress **£39.99** by **Miss Money Penny**
- ★ Boucle knit cardigan from a selection from **Kookai**
- ★ Diamante necklace **£8** from **Boots**

Photos **John Francis** fashion **Teresa** Assisted by **Lara**
Make-up **Lisa Valencia**
Hair **James McMahon** using **Fudge** products

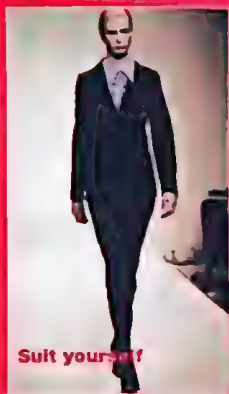
Fashion

MOST WANTED

Best buys, top ideas by the fash crew

Catwalk cool

Prada is the designer label causing the greatest stir in the fash world this season. But, just like all designer



Suit yourself

gear, it's waaaaay out of our price range. So we've thrown together a looky-likey outfit for a rock bottom price.



Purple suit jacket £45 from Miss Selfridge

Wide-necked brogues £44.99 from Next Directory style no M20981618

£44.99 from Kookai

Grey knee-length skirt £14.99 from Trutex

Milk it!

Don't lock away those tiny tees just 'cause winter's coming. We've got together with 303 Culture to offer 10 of these cutesy cow T-shirts worth £15 each. Call **0891-408836** and leave your name and address. Moo-tifull

WIN!



Flowered up

We love these floral print mesh undies from **Next Directory**, the perfect accompaniment to this week's Ring of Roses fashion on p36. Style no M22067G1B, the bra is **£12.99** and knickers **£11.99** for two. Ideal under yer cuddliest cardie for lazy Sunday mornings.



Where it's at!

American Classics

404 King's Road, London SW10, 0171-351 5229

Apple Tree

62 Neal Street, London WC2, 0171-436 0737

Argos 01908 600161

B Benetton 0171-731

4554 Bertie

36 South Molton Street, London W1, 0171-935 2022

Boots 0115 9506111

C&A 0171-629 1244

Chiple 3 Langley Court, London W1, 0171-497 2681/0141-552 6178

Converse

01372 740 033

D Diva

0171-637

D Dylon

0181-663 4296

F Freemans

0800 900200

G Gullivers

0114 254 1500

H H. Samuel

0181-905

9000 H&M

Oxford Circus, London W1, 0171-255 2031

I I21

available from Selfridges, Oxford Street, London W1, 0171-924 4334

J Jeffrey Rogers

0171-208 4300

John Lewis

153 Oxford Street, London W1, 0171-437 0132

Johnny loves

Rosie 0171-435 0089

K Kangol

0171-487

4888 Knickerbox

0800 393624

Kookai

123 Kensington High Street, London W8, 0171-937 4411

L La Redoute

0500 777777

M Marks & Spencer

0171-935

4422 Miss

Money Penny 0171-436 8280

Miss Selfridge

0181-910 1100

N Next

Directory 01162 849 424

Next

01162 849 424

O Oasis

0171-377

5335 Office

57 Neal Street, London WC2, 0181-838 4447

R River Island

0181-830 4442

T Top Shop

Oxford Circus, London W1, 0171-291 2351

2351 Trigger

Happy 0181-830 4442

830 4442 Trutex

01200 22657

Little black bag

You can't go wrong with these Umbro shoe bags, from **Argos** style no: 300 0210 **£5.49**. They're cool for school and more than alright for night! Nab one while you can.



Chunkaholics

Get down to yer local Miss Selfridge for some great accessories. These orange bangles are only **£2.50** each. They've also got the best tortoiseshell range around.



Listen up

Top news for **H&M Hennes** fans. A new store will open in Birmingham on 10 October, and a free gift will be given with every purchase made that day, as well as a goodie bag for purchases over £30. Check out some of the best autumn gear, from fake fur jackets to check trousers.



Top tip: long skinny knitted scarves look Dr Who-style cool

J17 beauty

Zit

*Is your skin giving you a bumpy ride?
Show your spots who's boss with our
ultimate zit-zapping strategy...*

busters!

Plan of attack

The low-down on the spot-busting regime to suit you...

All over oily skin with pimples

Gettin' up Use a face wash to remove spot-causing oil and bacteria, and keep spots at bay with an anti-bacterial cream such as **Oxy Medicated Cream £3.19**.

Goin' to bed Repeat your morning routine.

Twice a week Exfoliate thoroughly – oily skin can trap dead skin cells, making the surface look dull. Deep cleanse and tone skin with a mask – J17 likes **Mudd Mask £4.39**.

Combination skin with spots and blackheads on T-zone

Gettin' up Opt for a cleanser and moisturiser for combination skin (we like **Vichy Adaptive Skin Balancing Moisturiser £8.95**).

Goin' to bed Use morning product again, but treat an oily T-zone with a medicated cream.

Twice a week Exfoliate and cleanse with a balancing mask, such as **Freeman 'Blackberry and Tangerine' Mud Masque £3.49**.

Sensitive or dry skin, prone to spots and whiteheads

Gettin' up You need a non-irritating but thorough cleanser, such as **No 7 Gentle Soap Free Wash £4.15**. Follow with moisturiser.

Goin' to bed Cleanse and moisturise with the same products – using too many products can aggravate sensitive skin.

Twice a week Exfoliate with a gentle, skin-polishing formula and draw out impurities with a mask. Moisturise to soothe and soften skin.

ER for spots

Five brilliant zit-blitzing products

- ★ **La Formule Skin Pen £4.95**, a gentle but effective blend of seven essential oils and herbs
- ★ **Clean & Clear Invisible Blemish Gel £3.29**, available in maximum strength and sensitive skin formulas
- ★ **Oxy 10 £4.25**, a super-strength weapon against nasty spots
- ★ **Decleor SOS Regulating Gel £13**, a brand-new remedy that's tough on spots and gentle on skin
- ★ **T-Zone Blemish Treatment Stick £3.79**, with blemish-zapping tea tree oil



Trouble spots

Always get a spot in the same place? Here's how to beat the habit...

Chin up Many girls find they get spots in the chin area when their period is due. If you think your break-outs are connected to your cycle, use a medicated cream on your chin at this time to stop spots in their tracks.

Talking point Spots around the mouth can be caused

by a mild peanut allergy. Cut out peanuts and peanut butter and you may see an improvement.

Side order If you always get spots on the same side of your face, it could well be because you're in the habit of leaning that side on your hands – bacteria transferred from your

hands is a common cause of spots. Also, keep your phone clean so you're not infecting your skin while nattering to your mates.

Fore play If you have a fringe, keep it super-clean, even if this means shampooing it more often than you shampoo the rest of your hair. Letting greasy hair

touch your face is a sure-fire way to bring out spots.

Spot on Do you have one humungous zit that keeps appearing in the same place? You're probably guilty of picking it which can damage the pore, leaving it open and prone to re-infection. The answer? Hands off!

Beauty MOST WANTED

Hot hair and slap tips by **Jessie**



Suit yourself

Is your hairstyle doing you justice? Check out our chart and find the 'do that'll do the business...

Do it

Don't do it

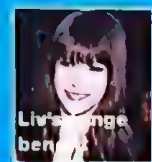
Round face



Chin length or longer hair creates the illusion of a longer, leaner face, as do soft layers or stray tendrils which fall onto your face. Go for big hair as height at the crown makes your face look slimmer.

Heavy fringes make your face look even shorter and wider, and a short, cheek-length bob will only emphasise the widest part of your face.

Long face



Styles with plenty of volume balance out your face shape, as do fringes. You suit long, full styles or neat, bobbed or cropped hair.

Long, straight hair emphasises a long face. A centre parting also tends to make your face look longer.

Heart-shaped face



A cute crop will always look top on a petite, heart-shaped face. Longer length styles should be blunt cut as big, fussy 'dos are likely to overwhelm your face.

Too much hair can drown your features, so strong fringes or too many layers should be avoided. The same goes for high hair - it'll just unbalance your face.

Worn in the USA

The coolest fragrances of the moment have an American flavour. 'Tommy', priced from £22, combines cool notes of rain and driftwood with the warm scent of apple pie - yes, really! For a splash of New York cool, try '5th Avenue', the sophis new, spicy, rose scent from **Elizabeth Arden**, from £25. On a West Coast trip, the newest scent for surf honeys, 'Ocean Dream' from **Giorgio Beverly Hills**, is a mix of sea breeze and water flowers, from £25.95. Have a nice day...



Win! Talon contest



Stumpy nails and ragged cuticles can be a thing of the past for 70 lucky readers with our Hard as Nails giveaway. We're giving away 70 sets, worth £7.50 each, containing two brilliant Sally Hansen products - AHA Cuticle Remover and Nail Conditioner, and Hard as Nails with Nylon. Send your name and address on a postcard to J17/Sally Hansen Offer, PO Box 60, Aldershot, Hants GU12 4XP by 2 November.

When she's not at the mercy of make-up artists backstage at catwalk shows, supermod Tyra Banks glams it up with flirty pastel make-up. Copy her lilac-coloured lids with **Colourings** Continual Eye Colour 'Lavender' £3.95.

Our favourite's favourite



Beauty Q&A

Brush off

Q My powder brush is starting to get a little stiff and looks grubby. How should I clean it?

Fay, London

A Add a few drops of shampoo or wash-off facial cleanser to a bowl of warm water, swish the brush around in it before rinsing, then squeeze out and leave it to dry. Do this regularly and your brushes will last longer.

Dream cream

Q Should I use moisturiser even though I have oily skin? I can't see the point when my skin has more than enough oil already!

Christine, Birmingham

A A moisturiser for dry skin won't do you any favours. Instead of leaving your skin bare, try a product designed for oily skin that can protect the skin from bacteria while helping control shine. We like **Rimmel Shine Control Lotion** £2.39.

● Don't fret in silence - send your beauty problems to **Jessie** c/o 'Beauty Most Wanted', J17, 20 Orange Street, London WC2H 7ED, and she'll solve 'em for you.

Hot tip: a drop of tea tree oil on dry make-up brushes keeps them germ-free



The Kiss of Life for Lips

Without moisture, your lips can really suffer. The Blistex range has all the moisturising care to give you beautiful lips every day.

- Blistex Lip Cream actively hydrates dry, cracked lips.
- Blistex Lip Conditioner with vitamins A & E moisturises and nourishes.
- Blistex Ultra Protection SPF30 also protects against sun, wind and elements.
- Blistex Lip Tone moisturises with a touch of colour and a touch of lustre.

Blistex®

For moisture,
protection and everyday lipcare



Blistex Lip Tone free to the first 1000 readers to send an SAE to: Blistex Kiss of Life, Filleigh, Devon, EX32 0RX. Offer open to UK residents only.

advice

Write to: Anita Naik, Nick Fisher or Annabel G, Advice, *Just 17*, 20 Orange Street, London WC2H 7ED. It would be helpful if you could include your age and the area you live in. Unfortunately *Just 17's* Advice columnists cannot answer your problems on the telephone. If you have an urgent problem, please contact ChildLine free on 0800 1111 - we work very closely with them - or Careline on 0181-514 1177 (calls to Careline will be charged at the local rate and will appear on your phone bill).

I'm jealous of his ex

My boyfriend and I have a great relationship. The only thing we ever fight about is his ex-girlfriend. She was the first

girl he was in love with and I find that hard to deal with - especially as I've never had a boyfriend before. The other day I met her for the first time and was horrified to see that he seemed to really enjoy talking to her. Afterwards I went mad and accused him of still fancying her. He denied it, but I don't believe him. I'm terrified he'll leave me for her.

Robbie fan (15)

● I think you may have overreacted here! All your boyfriend did was talk to his old girlfriend. He didn't kiss her, flirt with her or ignore you. You can't expect him to forget about his life before you, just because the thought of him ever having loved someone else makes you feel

jealous. If talking really does no good, then it's up to you to change the way you feel. Instead of concentrating on what happened long before you knew him, look at what you've got now - a good relationship, which is more important than one in the past.



They say he's a flirt

There's a new boy in my class who smiled at me yesterday and said hello. He seemed very sweet but when I told my friends about him, they said he was obviously a big flirt who just wanted to get off with me.

I'm not too sure, though, because he seemed quite nice and friendly, and not like that at all. I'd like to get to



know him, but I'm worried now about what kind of person he might be. I don't want to fall for him and start going out with him, only to

have him ditch me or two-time me. Help! Oasis fan (14), Reading

● I think your friends have some very active imaginations - all this poor boy did was to smile at you and say hello! If I were to read anything into that, I'd say it was a sign he was friendly. It doesn't mean he's a flirt or that he wants to get off with you. Most of us make the mistake of reading too much into what a boy does or doesn't say. So if you really want to find out what a guy is like, get to know him before you plan your future together.

I told him I was 18

My problem started when I met this 31-year-old man. He used to flirt with me all the time, and, as I look older than my age, I told him I was 18. When we finally went out, I told him the truth. He went really quiet and said there was no way he could go out

with a 14-year-old girl. Now I wish I'd kept quiet. I try to see him but he won't speak to me. When I told my mum about it she freaked out and said she'd report him if he came near me. My friends all say I'm better off without him, but they don't understand.

Anon, London

● Your mum's response is the exact reason why this man won't go out with you. In fact, it was very unfair of you to have

made him think you were older than you are. You could have got him into very serious trouble.

A big age difference is hard at any age, but when you're 14 it's bad news. While you might not care about his age, your parents, the police, and just about everyone else would have minded. Be realistic - this relationship just isn't going to happen. So please move on.

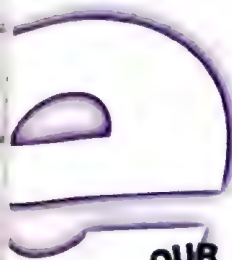
I'M UNDER PRESSURE

My mum is a teacher at my school, and due to this I got put in the top set. The problem is, I don't belong there. I can't cope with the work and I'd like to be put down a set. But when I tried talking to my parents about it they got angry and said I had to try harder. My mum says I'll just have to do extra lessons with her to keep up. I feel under so much pressure that I cry over my homework every night. I don't know what to do.

East 17 fan (13), Norfolk

● Even though your mum is a teacher in your school, she doesn't have a say over which set you're put in. If you're in the top set, then it's because of your own hard work and nothing else. If you really feel you can't cope, you have a right to ask for help. After all, that's what teachers are there for. Your best bet is to talk to the teachers of the subjects you feel you're struggling in, and your form teacher. Maybe they can suggest a solution that doesn't involve moving classes. They could also talk to your parents and help them to see that they're only making things worse for you. This way you can start to work at your own pace.

Be sure, be safe and remember sex under 16 is illegal



Anita Naik

Just Seventeen Brook Advisory

ADVICE LINES

Worried or anxious? No-one to turn to for information? Well, here's your answer. J17 has teamed up with Brook Advisory Centres and put together seven information lines to help you when you're in need.

(The lines run at London rates and are cheaper if you call after 6pm or at weekends.)

Missed a period?

0171-617 8005

Emergency (after sex) contraception

0171-617 8006

Information on abortion

0171-617 8007

Contraception - your questions answered

0171-617 8008

Are you ready for sex?

0171-617 8009

The condom line

0171-617 8019

Visiting a Brook Centre

0171-617 8010

HELPLINES

(The lines run at London rates and are cheaper if you call after 6pm or at weekends.)

Coping with your first period

0171-617 8045

Periods - the facts

0171-617 8046

Toxic Shock Syndrome

0171-617 8049

NATIONAL DRUGS HELPLINE

0800 776600

My brother scares me

I'm 13 and my brother is 17.

As soon as my parents go out and leave him in charge, he starts on me. If I don't do what he says, he rips my posters, punches me in the ribs and kicks me. Once he tried to choke me so hard that I had to hide the bruises from my mum.

He's always had a bad temper and my dad's warned him if he loses it again, he has to move out. Every time I threaten to tell, he says I'm being silly and that it's just teasing or playfulness. I'm really scared of him but don't want to be the reason he gets chucked out.

● *Boyzone fan, Kent*

At 17, your brother knows the difference between teasing and bullying, so don't be fooled. Trying to choke you and punch you in the ribs isn't playful behaviour - it's pure violence - and he needs to be stopped before he hurts you badly.

Rather than protect him, do him a favour and tell your parents what's going on. Show them your bruises and explain what he does when they're out. For your benefit, and his, he's got to learn that he can't just attack who he wants, whenever he wants. And if he does get chucked out, it's not your fault, it's his, for being so violent.

My sister's acting up

About a month ago I split up with my boyfriend because I discovered he was having sex with his ex. At the time my older sister was great. She

talked it through with me and made me realise he was a creep and not worth crying over. Then the other night he came round to see me and asked me out again. I realised I still really liked him so I said yes. Now my sister is being really nasty to us both. She hasn't got a boyfriend so I think she's jealous. I don't want to drive her away and I don't want to lose her as a friend. What can I do?

● *Kurt Cobain fan (15), Norfolk*

I don't think this has anything to do with jealousy. Your sister is angry at you both. She's mad at your boyfriend because he treated you badly and mad at you for forgiving him so quickly. And, just because you've forgiven him, it doesn't mean your sister has to as well. After all, it's hard to watch someone you love suffer and then see them go back to the person who caused their pain.

However, your sister has to realise that you have a right to make your own decisions, no matter how much she disagrees with them. Talk to her and say that you understand her behaviour, but make it clear you won't put up with it.

Mum won't trust me

Two months ago it came out that my best friend was pregnant. It shocked everyone, especially my mum who's known her since we were babies. Since then, Mum has started to question me every time I see my boyfriend. She's even given me an 8pm curfew and said he can't come round when she's not in.

I've tried to point out that if we wanted to have sex (which we don't) we could do it before 8pm or at his house, but this only made her angrier. Why won't she trust me?

● *Bon Jovi fan (15)*

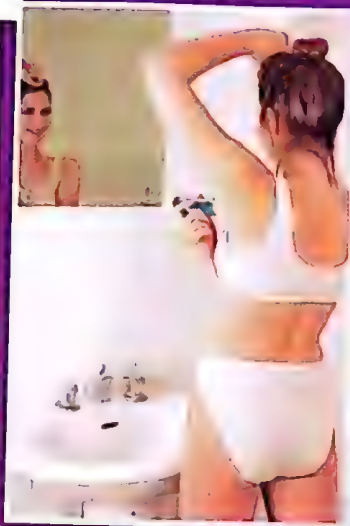
It sounds like your mum's in shock. Seeing a girl she knew as a baby pregnant at 15 is enough to cause anxiety in the most laid-back mum. What you need to do is reassure her that you won't be making the mistake your friend did - which means telling her that you and your boyfriend aren't even thinking about sex.

Lots of adults think teenage pregnancy is a contagious disease, so your best option is to convince your mum that you're sensible, before asking her to relax her rules.

body talk

I've got BO

Although I always use deodorant, it doesn't help my terrible body odour. I still get sweaty and smell really bad.



It's mega embarrassing and I don't know what to do about it. Please help! *Eternal fan (14)*

Body odour isn't pleasant, and it's very easy to end up with if you're not careful. Perspiration under the arms is normal, but during puberty our sweat glands can go a bit mad and overproduce.

But sweating is a completely normal body function. It's just one of the ways the body cools itself down. Fresh sweat doesn't actually smell - it only becomes a problem when it dries onto clothes you're wearing.

Help yourself by:

- * Washing at least once a day.
- * Using an antiperspirant combined with a deodorant, as this works on the sweat as well as masking the smell.
- * Wearing cotton clothes which let the body breathe, unlike man-made fibres. Don't forget to wash your clothes regularly.
- * Seeing your GP for help and advice, if you're worried your sweating is out of control.

boy's view

For a boy's view on your problems, write to Nick Fisher, Advice, Just 17, 20 Orange Street, London WC2H 7ED. He's happy to answer letters from male readers too.



Nick Fisher

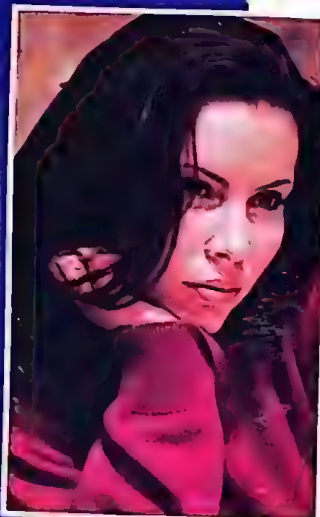
I had sex with a stranger

The other weekend I went clubbing with some mates and I met this really cool guy who was an off-duty soldier. We hit it off immediately and ended up having sex outside, but we didn't use any contraception. Afterwards, he said he had to go and I haven't heard from him since. Now I'm worried I might be pregnant. I just wish I could turn back the clock.

Oasis fan, London

● The two biggest risks of having casual sex are getting pregnant and catching a sexually transmitted disease. First, get a pregnancy test and then check that you haven't got an infection. The easiest thing to do is visit your local Brook Advisory Centre (call 0171-713 9000 for details), where they'll do the tests and provide counselling.

You say you want to turn back the clock, but you can't, so learn from this experience instead. Even if you think a guy is attractive, having sex with someone you barely know is not a good way to start a relationship – as your experience has proved. Casual, unprotected sex isn't just dangerous, it also undermines your sense of self-worth. Don't do this to yourself again – you're worth more.



things I want to say, I end up blushing and backing off. If this carries on much longer,

he'll think I'm really dumb. How can I stop him stealing my confidence?

Gary Barlow fan

● It sounds like your feelings for this guy are throwing you off balance. That's why you feel like you can't be your normal self around him. But that's natural. When we meet someone special, it's often hard to act the way we do with others.

But there are ways around this. Next time you see him, don't back off. And don't try to act confident, just be yourself. Instead of worrying

about what you look or sound like, focus on starting up a proper conversation. It's the only way you'll get to know him.

respond in different ways. The important thing is to take things slowly. By all means ask her out, just don't declare undying love or try to snog her. If she knows you're interested and she feels the same way, she'll be prepared to hang around. Just don't tell yourself it's going to be a disaster. Keep an open mind, be friendly and see how things develop.

First-time sex was a flop

I've been with my girlfriend for nearly six months now, and recently we had sex for the first time. The problem is, rather than being the memorable event I'd hoped it would be, it was all a bit disappointing. Basically, I blamed myself for this, but I was too embarrassed to discuss it with my girlfriend. She told me not to worry, but I can't stop thinking about it. We haven't had sex since, because I'm scared I'll make a mess of it again. Please help.

David (17)

● First-time sex is always difficult, and often disappointing. Don't give yourself a complex about your performance, though, as this won't make things easier. Good sex is about being loving, tender and affectionate. If you somehow convince yourself that you're not 'good enough', you'll spoil sex for you and your girlfriend.

Take her advice and don't worry. Try and talk about it instead. Tell her what you're afraid of and why you felt disappointed. You don't have to rush back into having sex again. Maybe it would be best for both of you to take things more slowly, until you both feel the time is right to try again. The more you know and trust each other, the better sex will be.

I think my brother's ill

Lately my younger brother has been taking ages in the bathroom. Sometimes I've had to wait half an hour or more before he gets out, and when he does finally unbolt the door he goes straight to his room.

The thing is, I've gone in afterwards and found blood in the sink and in the toilet. I'm really worried about him now, but I don't think I should bother my parents about it. I have talked to him about it but he says there's nothing wrong. What should I do?

J17 fan

● If you've tried talking to your brother and he says there's nothing wrong, then the only thing you can do next is to mention it to your

parents. There's no way of telling what the blood relates to, but it does suggest something is amiss.

Before you do, you must realise that your brother probably won't thank you for telling your parents about your fears. But they would be very hurt if they thought you knew there was something wrong and you hadn't told them. It's a big responsibility for you to have to shoulder, but I'm sure they'd rather be bothered by you telling them than find out any other way.

I'm dumb in front of him

I'm quite outgoing and never stuck for words, but there's a guy who I've fancied for ages who turns my brain to mush. Basically, whenever I bump into him, my mind goes completely blank! Instead of saying all the

How do I ask girls out?

I'm a 17-year-old boy and ever since a disastrous date I had when I was younger, I've been too scared to ask out another girl. The thing is, I'm not shy and love talking to girls – I just can't get over my fear of asking them out. There's one girl in particular who I really fancy, and I think she feels the same way. But if I don't make a move soon I'm sure she'll get sick of waiting and look elsewhere. Please help.

Anon

● Asking a girl out on a date doesn't have to be a big, heavy thing. It's just a way of indicating you'd like to get to know her. No matter what happened on your last date, this one will be different. After all, people are individuals who behave and

confidential

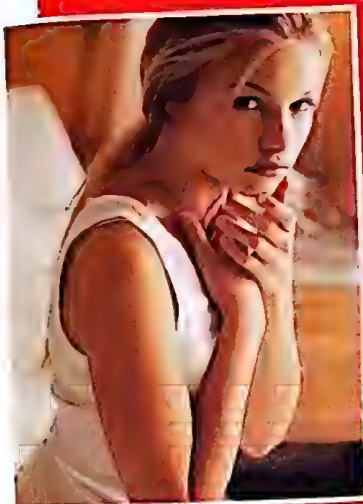
Send your sex-related problems to Annabel G, Advice, Just 17, 20 Orange Street, London WC2H 7ED. It would be helpful if you could include your age.



Annabel G

He hates my small breasts

My chest is really flat, and this makes me feel unsexy. My boyfriend often asks why my boobs are so small, which only makes me feel worse. I wish I had big breasts so that he'd fancy me more. Is there anything I can eat to make them bigger?
Name withheld



● I receive so many letters like this, and it makes me mad – and sad. Having a big bust doesn't automatically make you sexy, it's the whole you that counts. After all, sexual attraction is about the complete person, not individual body parts. That's why a lad who just goes for big boobs is a complete geek.

You don't say how old you are, but you may still be going through puberty. If this is the case, your breasts will continue to develop and grow. But even if they do remain small, it doesn't matter a jot.

As for any breast-growing foods, I'm sorry to say there are none – not even melons! Boys are attracted to

girls who are fun to be with and are comfortable in their own skin. You don't need a pair of big boobs to achieve this effect – honest. And if your boyfriend is unable to see this, then maybe you should consider whether you'd be better off with a more sorted lad who'll appreciate all of you.

The seX Files

Five hundred guys and gals were asked, "Were you in love when you lost your virginity?" Sixty per cent said yes, while a hard-hearted 40 per cent wanted to "get it over and done with". This group also confessed they regretted it afterwards – surprise! First-time sex is worth waiting for, with someone you care for. So if in doubt, don't.

Go with the flow

I wonder if you can help me with an embarrassing problem I have. Every time I masturbate, this watery fluid comes out of

my vagina. When I told my mate, she said it's wee. The problem is, I'm really worried that this will happen when I let my boyfriend touch me. Why is this happening?
Lush fan (15)

● Don't worry, you're not the owner of a leaky bladder. Your vagina produces fluid when you become sexually excited – and if you have an orgasm, it may produce an extra amount. So your friend's diagnosis is dead wrong. Basically, the vagina becomes moist in preparation for intercourse – if you're wet, it's easier for a penis to be inserted.

Finally, don't worry that this fluid will put your boyfriend off. A clued-up lad will know that it means you're very turned on. But please do remember that sex under the age of 16 is illegal.

Learning the hard way

Me and my mate went to the chemist the other day and we were looking at the condom packets. We didn't have time to look properly, because we felt embarrassed in public. Anyway, one thing we managed to read is that you put the condom on as soon as your boyfriend's tackle is erect. But how does this happen? Does he make it go hard or do you have to do something?

Two confused J17 fans (16)

● When a boy feels sexually aroused, his brain sends messages to his penis. Of course, sometimes these messages don't have the desired effect. A lad's nerves may get in the way and he might fail to have an erection. As a result, he may need a little help, which is where heavy petting comes in. Your boyfriend may ask you to touch his penis, which will result in the desired effect.

As far as condoms are concerned, a lad can't wear one unless he has an erection. It's virtually impossible to roll a sheath on to a floppy penis. Remember, never let an uncondomed penis near your vagina – the condom stops sperm entering your vagina.

Is petting harmful?

I'm 15 and I haven't done any heavy petting. I wondered if it's dangerous when a boy puts his finger inside you or if you do it masturbating?
Damon Albarn fan, Kent

● The idea of having a finger inside you may seem strange, but I can assure you it's not dangerous. Your vagina is no more delicate than the inside of your mouth, and you're

not scared to put a finger in there. If you put a finger in your vagina, you'll notice it's soft and pliable. If the opening is tight, start gently.

Many advice books encourage young women to explore their vaginas, and I think it's a good idea too. Many of us are brought up to think the vagina is a dark, secret place, but it's not. You should be familiar with it – it's a key part of you.

The seX Files

According to a sex survey, 40 per cent of sexually active girls are too embarrassed to ask a boy to wear a condom. Well, it's no wonder the UK has the highest teenage pregnancy rate in Europe! So come on, wise up and demand he wears one. And sex under 16 is a no-no.

Feedback

I'm writing to the girl who read her friend's diary and discovered that her mate was having sex without using a condom ('Confidential' 28 August). I know that she's scared to tell her mate, but I think she should swallow her pride and come clean. Helping a friend is far more important than saving face. After all, if you don't say something to her, she might end up getting pregnant or catching a sexually transmitted disease. So, if I were her, I'd start talking – and the sooner the better.
Zoe (16), Norbiton

● Thanks for your letter, Zoe. I agree, helping a mate is more important than saving face. Besides, curiosity doesn't always kill the cat – it can actually save someone from major trouble and heartbreak. Remember that nosiness isn't a sin. We're only human, after all.

Day by day HOROSCOPEs

by Jon Ryder

Potential
snog
day

Wed
2 Oct

Thu
3 Oct

Fri
4 Oct

Sat
5 Oct

Sun
6 Oct

Mon
7 Oct

Tue
8 Oct

Aries

21 Mar-20 Apr

Your mate goes all the
promise today. But don't
get too jealous, he
prepared for her
tease some of it
tube off on you, too.

I let him know you're
thinking of him, even if
you can't be together.
After all, you don't
want him to think
you're not interested.

Thank goodness you
sent him a message
yesterday 'cause he
seems to be getting
impatient with
him. Shouldn't be.

You say it sounds
easy, they say it
sounds easy. But
has anyone actually
tried it to see if it
can be done?

You could be blamed
for something you
didn't do. It wasn't
you, but there's no
way you can get them
to believe you.

You're really
stressed about this.
It's not because
you're not a
person, it's because
you could get confused.

Well, you said you
would, promised
you would, dared
yourself that you
would. So think hard
before backing out.

Taurus

21 Apr-21 May

Today's the day you
realise just how much
your workload at
school has increased.
So take a deep breath
and get stuck in.

It's a good day, star
wise, to ask your mum
if she'll lend you a
couple of quid until, at
least time - whenever
that might be.

If you must make it so
obvious that you fancy
him, then you have to
be bold enough to
carry it off. Don't go
all shy in front of him.

Are you sure you can
handle this? You're
in danger of getting
jinxed with things you
know nothing about.
Take a step back.

The planets could
make this a rather
unsettling day. If you're
worried everyone's
talking about you,
don't be. They aren't.

It seems there's high
pressure at home,
with an argument
just waiting to happen.
So you might as well
tackle it head on then.

Now's the time to
make a move. It's
not a bad idea to
know where you're
next move is.

Gemini

22 May-21 Jun

Just what you
need today is a
little bit of love
and a little bit of
just how desirable you are.

Last night must have
been a stonker. It's all
shy looks and smiles
between you two
today - dead obvious
to everyone else.

You're likely to get
support from an
unexpected source.
Don't be too wary of
it - you'll probably be
getting a good deal.

You're getting a little
bit ahead with yourself
here. Like, it's only
four days since last
Wednesday night,
so give things time.

You're wondering
whether you might
have been expecting
too much. No, you're
just asking too many
questions too soon.

Careful with your
temper today. If
someone upsets you,
just walk away - you
don't have to murder
them, you know.

You've decided he's
definitely, absolutely,
the one for you. But
don't get too carried
away - what if you
get a better offer?

Cancer

22 Jun-23 Jul

You're walking a fine
line between friendship
and something more
intimate. Either
get much closer or
much further apart.

Sweet planet Venus is
playing around today.
So if you find yourself
saying, 'Oh, sweetie!',
at something, the
stars have got to you.

A chance to get things
settled. It's not a
bad thing, but it's
a bit of a catch in the
throat of an obsession.

New day, new start.
You're going to keep
your feelings under
control from now on.
Resolve that this state
of affairs will last.

Bumping into someone
you used to be close
to could make you feel
a bit chummed up today.
Don't worry - the
mood will soon pass.

A lucky money day,
according to the
planets, so you might
find that fiver you put
in a place so safe you
forgot where it was.

Ever get the feeling
that people dump stuff
on you because you're
too sweet ever to say
no? Well, go and dump
some of it back.

Leo

24 Jul-23 Aug

Someone's out to
cramp your style
today. They're only
doing it to get a rise
out of you, so don't
let it bother you.

Try and get a mate
to help you with your
plan today, just so that
you can share the
blame with someone
when it all goes wrong.

Hmm. Someone could
walk into your world
today, and make
everything look
different. Keep an
eye out for them!

You might be able to
talk your way out of
a task you've always
hated today. Even if
you don't succeed,
it's worth a try.

This is a day you're
trying to attract
someone's attention,
but you could save
a lot of time with the
direct approach.

Lusty celestial
influences in your sign
today. Annoying when
you don't want them,
but I don't hear any
complaints this time.

Does this relationship
feel totally different to
anything you've
experienced before? If
so, don't give up. The
stars say hang in there.

Virgo

24 Aug-23 Sep

What you want at the
moment is mucho
expensive. It's really
worth being poor for
months on end, just
for that? Think hard.

Was that a look, or
was it just accidental?
Could he fancy you?
It's too early to tell,
but the stars do
look very promising.

Life doesn't have to
be this hard, you know
- you've made it more
difficult for yourself
that's all. Spread
things out a bit.

Another look like
Thursday's - but
this time you're sure
it wasn't an accident.
Just one more and
you'll feel certain.

Can't be sure. You
could have been
mistaken. It wouldn't
be the first time you
convicted yourself that
nothing was something.

Everyone's asking if
you're OK, and you're
saying you're fine. Just
one of those days
when you wish people
weren't so concerned.

Wow! It seems
like you're
entering a new
period - enjoy!

Libra

24 Sep-23 Oct

Today's a big, lucky,
happy day for all
Librans. And if it's your
birthday too, then it
looks like you're in
for a fantastic year.

Don't be shy - step
forward into the
spotlight and show
everyone what a star
you are. You're not at
all big-headed, either.

This passion you're
feeling for you-know-
who has got to be
kept very secret. Not
for ever, maybe, but
definitely for now.

Not everything that's
said at home is strictly,
absolutely true. There
are reasons behind
reasons. Ask yourself
what they could be.

To make sure things
go smoothly, you best
be a bit of a liar if
nothing's happening.
If you're not, before
you can come clean.

It could prove to be
quite a strain, all this
acting calm and quiet,
when really you want
to jump up and down
and let everyone know.

There, now you've
said it. No good
pretending it wasn't
you, or that it was
a slip of the tongue -
nobody's fooled.

Scorpio

24 Oct-22 Nov

You know how you
land on squares in
games that say 'Move
six spaces forwards'?
Today's just like that.
Hurrah! About time too.

You aren't cheating
exactly, but you are
using a bit of extra
help. It's a competitive
world out there, so
it's a wise move.

You don't know it yet,
but your new friend
and your family aren't
going to get on.
The planets know it
before it happens.

Maybe you don't mean
things to be this close
between you, but you
just can't help yourself
at the moment. You've
got to go with the flow.

Yep, last night was a
step too far, but you're
overreacting today.
Give your emotions a
day or two to settle
down before panicking.

This is much better.
You're feeling in
control of your life
again, and proving
to everyone just how
successful you can be.

Now's the time to
decide - but remember
there's no way you
can change your mind
once you've made
your final decision.

Sagittarius

23 Nov-22 Dec

Just what you
need today is a
little bit of love
and a little bit of
just how desirable you are.

Everybody knows
about it already, and
you can't think how
Was it all over the
radio this morning
or something?

Perhaps your fears are
well founded, and you
are in for a few slightly
squirmy moments with
friends. But the novelty
will soon wear off.

That brilliant scheme
of yours has one
serious flaw - it won't
work, and it won't
make you rich, either.
So think again.

Nothing's quite right
for you today, and
you're in a funny
mood. Wouldn't have
anything to do with
you 'n' him, would it?

You're renowned for
your ability to study,
but this is ridiculous!
There's no need to
get quite so carried
away with your work.

OK, so you have zero
cred at the moment,
but never mind. As
long as you don't
ever, do that again,
it's going to be cool.

Capricorn

23 Dec-20 Jan

You've been waiting
for your big chance
for ages, and now
it's here. Don't say
the planets never
desert your support.

You really want to do
it, but you think you
might get into trouble.
So what? The same
can be said for most
things, can't it?

Remember, running
high and three game
years, it's not a
bad thing, considering
what's going to happen.
But that's just the fun.

Soft and sentimental
stars suggest that
you're having second
thoughts about a
certain person. And
third, and fourth...

You realise you've got
completely the wrong
idea about somebody
or something. Time to
apologise, maybe, or
admit your mistake.

The object of your
desire is - yet again -
being both irritating and
irresistible. Judge your
response carefully.

You need to make a
decision today. Don't
ask your mates, they
haven't the talent.
This dilemma's for
you and you alone.

Aquarius

21 Jan-19 Feb

Someone's making
sure you notice them
today. You welcome
his interest, but they
could do with some
lessons in subtlety...

An unexpected thing
has happened today.
It looks like it's going
to be worth the wait.

Be calm. Whatever
you're feeling right
now, it'll be best in the
long run if you don't
give too much away.
Just wait and see.

Sometimes Aquarians
are a little weird.
You're happy enough
today doing your thing,
but you couldn't
explain it to anyone.

It's going to be a
confusing day, as
your personal planets
change direction. Just
like you really - unable
to make your mind up.

It's trouble - big time.
Oh come on, it can't
come as a surprise.
Whatever you get, it's
going to be no more
than you deserve.

You could be about
to lose a friend here,
and it needn't happen.
Good friends are hard
to find, so don't do
the wrong thing.

Pisces

20 Feb-20 Mar

What you decide
today may baffle your
teachers and annoy
your parents, but if it
feels right to you, go
ahead and do it.

It looks like you've
got some fast-talking
to do, after the events
of yesterday. Brazen
it out and everything
will work out fine.

Yet more smoochy stars
for Pisceans - you
seem to have double
helpings of snogs this
week. The question is,
who are you snogging?

It's going to be a
confusing day, as
your personal planets
change direction. Just
like you really - unable
to make your mind up.

It's trouble - big time.
Oh come on, it can't
come as a surprise.
Whatever you get, it's
going to be no more
than you deserve.

If things turn out the
way the skies predict,
it looks as though you'll
get away with it all,
scot free. Just thank
your lucky stars!

Happy birthday to you! Clued up babe Alicia Silverstone celebrates her 20th birthday on 4 October

LES BELLES

de Ricci

(beautiful, most of the time!)



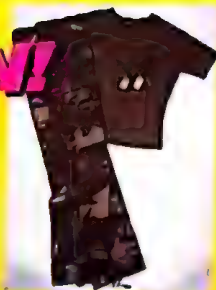
the new Eau de Toilette

NINA RICCI

PARIS

WIN! WIN! WIN!

Show them who's boss with this clobber from *Courage Under Fire*. Meg Ryan stars in this search-for-justice kinda flick. We've got dog tags, T-shirts and trows up for grabs. Complete the Xword and send it to: **J17/Courage Under Fire, Prize Xword 428, 20 Orange Street, London, WC2H 7ED by 11 October 1996.**



ACROSS

- 1 See photocue (4,5)
- 2 Movie superstar Pitt (4)
- 3 Her surname's Silverstone (6)
- 4 She's wed to Frank Tate in *Emmerdale* (3)
- 10 Behr found amid some Jordanians (4)
- 11 This Bill is the President in *Independence Day* (7)
- 12 Shaw who's Maxine in *Coronation Street* (5)
- 14 Melissa George in *Home And Away* (5)
- 15 Winton from *Pets Win Prizes* (4)
- 17 Johnny who starred in *Dead Man* (4)
- 18 Breathe out for this Whitney Houston hit (6)
- 19 Pop spunk who took a crazy chance (6)
- 20 Robson's mate (6)
- 21 Discs (7)
- 24 Rod Fall provides a home for Disney World (anag, 7)
- 25 Batman's bird-like foe (7)

DOWN

- 1 Josh who brought you a higher state of consciousness (4)
- 2 Noel's kid bro' (4,9)
- 3 How Underworld were born (6)
- 4 *Survive* (Chantay Savage) (1,4)
- 5 Harvey or May possibly (5)
- 6 Sleeper's *Nice Guy* (5)
- 10 He once played Big Arnie's twin brother (5,6)
- 12 Carty who's *EastEnders'* Mark Fowler (4)
- 13 Deckert, *Home And Away's* Selina (7)
- 16 South American country, or record label for Fugees and Mariah Carey (8)
- 19 Winslet, Adie, Moss? (4)
- 20 His surname's Goldblum (4)
- 21 Hip-hop (3)
- 22 *I Touch You There?* (Michael Bolton) (3)
- 23 Father And — (Boyzone) (3)

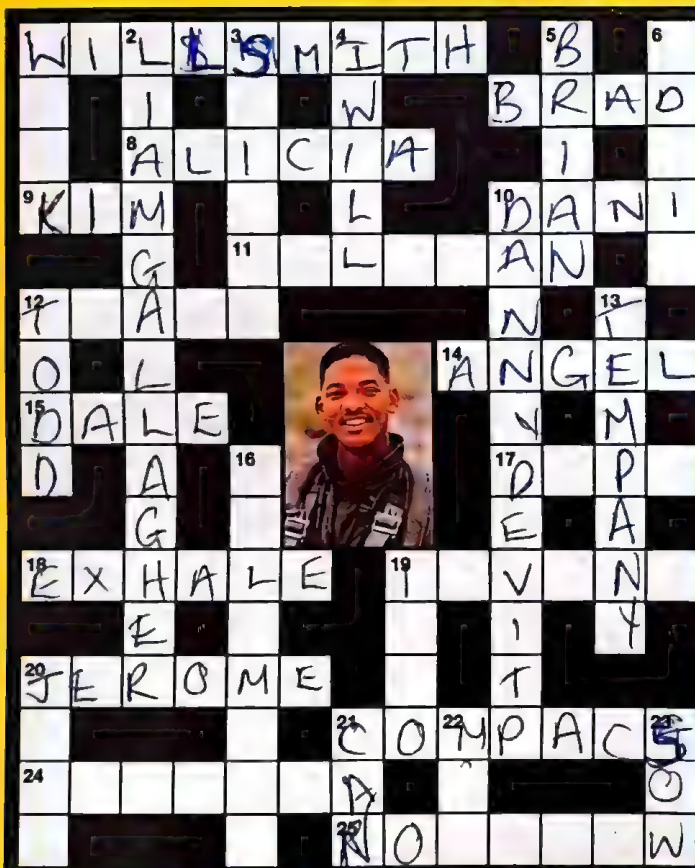
Get to those phones!

Page 5: Win a Sony Playstation
Phone your answer on 0891 408834
Page 41: Win a T-shirt
Phone your answer on 0891 408836

Closing date for competitions 11 October 1996. Please remember that calls to these lines are more expensive than ordinary calls. You should always ask the permission of the person who pays the phone bill before making the call. Calls will cost around the price of a first-class stamp.

Crossword answers 428 18 Sept

ACROSS: 1 Tony Mortimer; 7 Nun; 8 Ken Barlow; 9 (Dani) Behr; 11 Alex Gilroy; 12 Adam (Clayton); 13 Hit; 16 Texas; 17 Ant; 18 Rap; 20 (Liam) Neeson; 24 Meet (The Flintstones); 25 Firestarter; 27 Reverend (Black Grape); 28 (Kiss From A) Rose **DOWN:** 1 Toni Braxton; 2 Neneh (Cherry); 3 Mark (Morrison); 4 Rednex; 5 Isla Fisher; 6 RoboCop; 10 Ramsey Street; 14 Tape; 15 (Higher) State (Of Consciousness); 16 Amateur; 21 Effial (Tower); 22 (Prince) Naseem; 23 Amanda (DeCadenet); 26 Ross (Kemp)



NAME: _____ ADDRESS: _____

XWORD 428

LES BELLES

de Ricci

(beautiful, most of the time!)



the new Eau de Toilette

NINA RICCI

PARIS

turn on tune in turn on

tv

Don't miss this

The Fame Factor

The time 8pm, 5 October.

The place C4.

The buzz Fame all-nighter



Investigating the darker side of stardom. Lynne Perrie, who's still trying to escape the ghost of Ivy

Tisley, is featured, along with celebrity stalkers and a new look at Manic Street Preacher Richey Edwards' mysterious disappearance.

Smart

The time 4.35pm, 3 October.

The place BBC1.



The buzz New series of the have-a-go art show, this time with jolly Josie d'Arby in tow as presenter. Your chance to get creative and even get your work in the Tate Gallery.

The O Zone

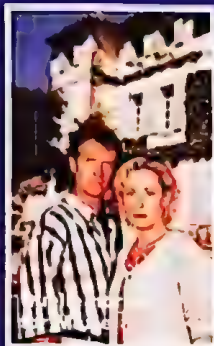
The time 1.15pm, 5 October.

The place BBC2.

The buzz Jayne and Jamie are back tracking down the latest bands and artists in their Sunday lunchtime slot. Exotic destinations and lots of nice nosy questions.

Soap Central

Switch onto our weekly round-up



Brookside

Ooh la la! **Brookside** goes to Provence and who turns up waving a baguette but **Patricia Farnham**. Max is torn between two families. Will **David** weaken and tell **Max** the truth? *Sacré bleu, quelle excitement!*

Hollyoaks

Is **Rob** making false promises to **Lucy**? **Susi** tells her secret. **Maddy** arrives home. **Tony**'s past may catch up with him. **Susi** and **Cindy** are best of mates again. Phew, what a relief.

Home and Away

Melissa Bell turns up as **Susie**, **Haydn**'s new girlfriend. **Chloe**'s dad gets mad at **Curtis**, **Alex** and **Shannon** are talking again. **Fisher** tries it on with **Marilyn**. **Chloe**'s court case comes up and her dad shoots the accused. Drama!



Coronation Street

Jamie's still desperate to visit **Carl**, his dad, even when he learns that **Carl** hit **Tricia** at the prison when she told him about her pregnancy. **Raquel** is fed up to the back teeth with the Square Dealers – she urges **Curly** to leave the cloak-and-dagger organisation.



Neighbours

Ramsay Street is badly affected by **Cody**'s death. **Stonie** gives a moving tribute. But why is **Luke** so tired? **Danni** returns from Sydney and shocks **Sheryl**, and **Marlene** is menaced in prison.

EastEnders

Sexy **Cindy**'s looking for a way out of her situation (still?). **Lorraine** and **Tiff** get matey. And sweet **Joe** is working for **Nigel** but he's still acting very strangely – been handling too many videos?

Emmerdale

Kathy's back with **Dave**. **Chris** goes ballistic when he discovers **Rachel**'s been taking the Pill. **Rachel** tells Sarah she's attracted to sexy **Steve**. **Kim**'s back from hospital, leaving the baby behind. But she's got a shock in store – her horse **Valentine** has been put down.

film



Courage Under Fire (15)

The deal A colonel in the US Army (**Denzel Washington**) is sent to the Gulf to investigate a scandal about the war he's trying to forget.

What kinda scandal? It involves the death of another military bigwig (**Meg Ryan**).

Cute guy rating Sadly, **Denzel**'s piled on the pounds for the role and looks kinda porky.

Worth a watch Only if you like



blood, guts and guns.

On screen: 4 October.

Melissa

Quote of the week

"Love at first sight? Yep, I believe in it. Who doesn't like the idea that you could see someone tomorrow and she could be the love of your life?"



Leonardo DiCaprio on romance. Leo the Lovely is soon be seen in the flick *Romeo and Juliet*.

What I watch, what I eat

Trev: "I like watching *The Late Show with David Letterman*, *Groundhog Day* and *Pulp Fiction* and eating Malaysian and Thai food."

Simon: "My faves are *The Larry Sanders Show* and *The Exorcist*. My favourite food is wheat..."

What a wild and wonderful pair they are. Swing those pants, lads.



Jayne explains

J17 interrogates *The O Zone*'s top gal, Jayne Middlemiss...

J17 What's your most embarrassing moment?

"I was interviewing Noel Gallagher for the programme and a light fell on my head. My first reaction was, 'I can't believe this is happening to me', but then I saw Noel was laughing and I knew everything was alright. Especially when he said 'I'll kiss you better if you like.'"

J17 So, do you get starstruck

from time to time?

"No, I couldn't do my job if I was. At the end of the day, they're just normal people. You should just be yourself."

J17 What's your dream job?

"When I was younger I wanted to present *Top of the Pops*. I'd love to feature Paul Weller, Oasis and the Prodigy."

J17 If you had supernatural powers, what would you do to people who were rude to you?

"If I had supernatural powers I'd stink the lot of 'em."

What, even Liam Gallagher, Jayne?



The Incredible Shrinking Woman

turn in turn on tune in to



mega



magic



mmm



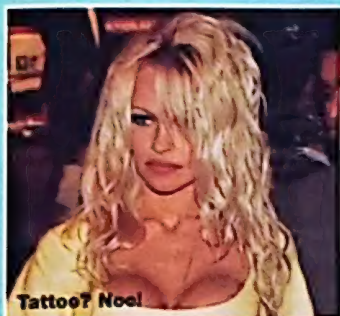
manky

music

Spin It or Bin It

Getting the needle

Pammy Anderson Lee is desperate to have her *Barbed Wire* tattoo removed from her arm. She's worried it might frighten her little baby, Brandon. All well and good, but what happens when the little luv first sets eyes on his rockin' pa's heavily tattooed torso? Eek!



Tattoo? Noel

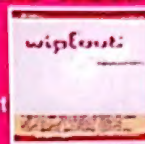


Kings of the kerb

Kerbdog from Ireland are cuter than Ash. Their single *Sally* is out so we grabbed singer **Cormac** for a chat. **J17** Tell us about Kerbdog... "We love noisy guitars. We ooze sensuality on stage then make you cry with our love songs." **J17** Who's Sally? "The song is written about girlfriends, love, and rejection." **J17** Do you like dogs, then? "I love 'em big time." Awww.

Album of the Week *Wipeout* Various

What d'ya think a scorchingly fast racing game on the PlayStation needs to make it more exciting? A scorchingly cool soundtrack, that's what. The likes of Prodigy, Leftfield, and The Chemical Brothers have put together a compilation of the finest dance tracks you can buy.



Video of the Week

REM *Road Movie*

REM may be old and bald, but they pen a mean tune. *Road Movie*'s gorgeous visuals and tunes to die for are a treat for burned out eyes and ears everywhere.



Underground Circus

I am the King

Coming on like pop merchants Army of Lovers crossed with



Deuce, this lot roll out the red carpet of tunes and dance up and down it.

Culture Beat *Take Me Away*

Culture Beat play disco pop to remind you of sweaty nights



in Spain and sand in your shoes. A fine way to remember the hols.

The Supernaturals *Lazy Lover*

This is sprightlier than a little lamb. Just the



ticket for skipping smartly down the street to.

Andys Records



PETER ANDRE

debut album

'NATURAL'

INCLUDES THE HIT SINGLES "FLAVA" & "MYSTERIOUS GIRL"

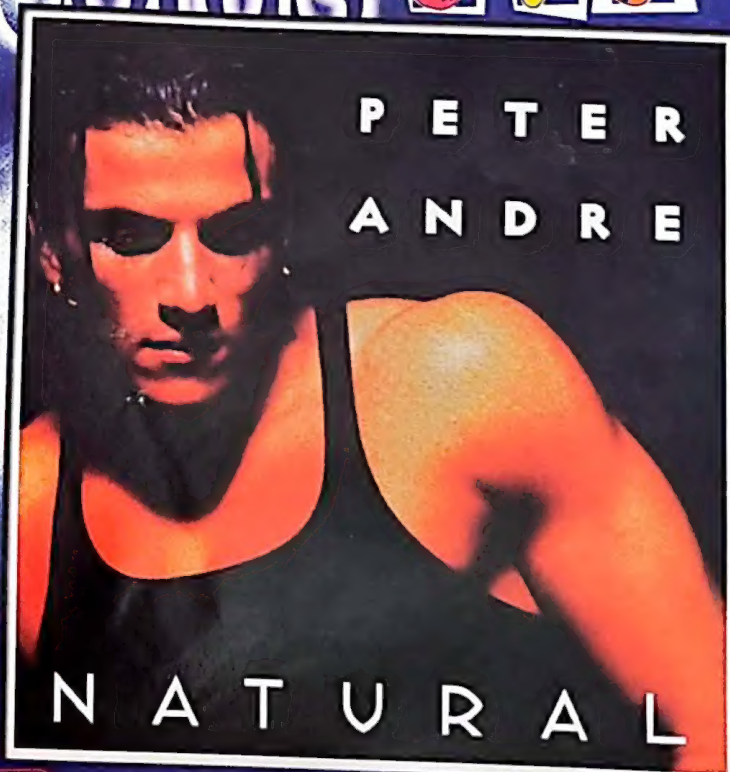


CD

£11.99

Offer from 2nd - 9th October 1995

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Cambridge Cannock Chelmsford Colchester Doncaster Gainsay Halifax Hull Ipswich
Kings Lynn Lancaster Lichfield Lincoln Loughborough Lowestoft Mansfield Norwich
Oldham Peterborough Preston Rochdale Scarborough Sheffield - Meadowhall
Southport Wakefield Warrington Worcester



BEST INDEPENDENT RETAILER OF THE YEAR 93-94-95

7 days of groovers 'n' schmoozers

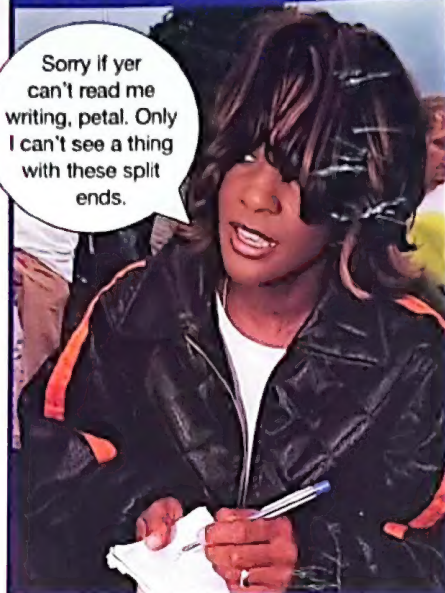
What could Anna Friel be referring to with her curious hand gestures?

So just how much of a man is Darren, then?



Until she gets her bad hair days sorted out, Kelly from Eternal will always be on the fringe of stardom

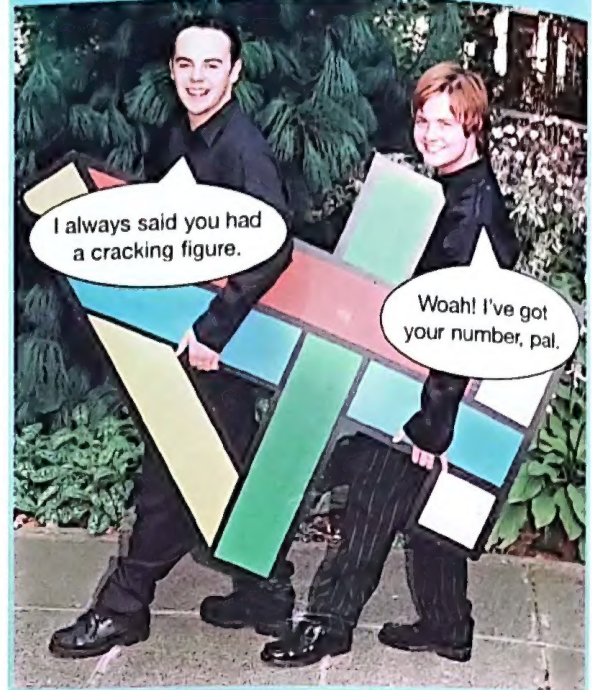
Sorry if yer can't read me writing, petal. Only I can't see a thing with these split ends.



Channel-hoppers Ant & Dec celebrate their defection from the BBC

I always said you had a cracking figure.

Woah! I've got your number, pal.



Quick flash!

Our Michael catches the celebs playing video games in NYC and nabs a few back in Blighty...

MTV Music Awards in New York

It's a spot-the-Naomi-Campbell waxwork competition

Well, they're both about as shiny as each other. But the one on the right's more animated.

'Course I'm not gonna split the modelling fee with you, dummy.



That Dolores O'Riordan from the Cranberries, she's a right handful



Put your backs into it lads. Look, I'm only scrawny.

Yeah, but your boots are putting a terrible strain on me hernia.

Hey homie, if you don't get that trouser leg down fast, I'll tell your ma.

LL Cool J gets a ticking off from the first laydee in his life, Gran



I'm down wit you, Gran.

Mad dog demeanour, foaming mouth, mental delusions. Yep, Sid Owen's showing all the symptoms of rabies



I got it from that Wellard. Woof!

BE SELECTIVE GET SELECTED !

The **Salon Selectives** styling team went to London's hottest night spots - Velvet Underground, Hanover Grand and Bar Rumba - in search of those who've been selective. Those of you in the **Pink** were selected and photographed. Others were in need of advice and were tickled pink with the results created by the stylists from Neville Daniel.

SO THINK PINK AND GET SELECTED !

BEFORE



Suzannah

AFTER



Half an hour later the result was stunning, so we packed her off to think pink

was shown by our stylist how to create her dream look, ringlet locks. Before setting in rollers we used type **M** Moisturising Mousse to protect against heat styling



Anjala

swears by **Salon Selectives** Level **20** Style Freeze Hairspray. "It's the strongest spray I've found. The only one I can rely on to last all night"



Serena

is on holiday from Italy and has beautiful thick hair. She assured us that her best find in Britain has been **Salon Selectives** **B** Bodifying Conditioner and Mousse



Rita & Kate

both blessed with naturally curly hair, have discovered **Salon Selectives** Curl Boosting Mousse and Type **C** Styling Spray. "Excellent for curl definition and volume"



Lucy

always uses **Salon Selectives** Unscented Hairspray Hold **15** when she's out on the town. "I want people to smell my perfume, not my hairspray !"



Julia

is loyal to **Salon Selectives** Level **20** Mega Gel Spray. She says "I want control, but I don't want sticky fingers"



Eva

"I recently had my hair permed and my stylist recommended **Salon Selectives** Type **R** Revitalising Mousse to protect it and prevent drying out; it works"



Regine

uses **Salon Selectives** Level **20** Sculpting Mousse to add a touch of sleek sophistication



Rachel

prefers a natural, unstyled look, so was wary when our stylist recommended type **N** Nourishing Mousse, with added protein. Delighted with the results she claimed "It looks and feels really natural....10 out of 10"

In next week's

Just Seventeen

10 pages
of top true life!

Out
9 Oct
85p

★ 'A ouija board
cursed my house'

★ 'Heroin killed
my best mate'

★ 'He saved me from an
arranged marriage'

Plus!

Boyzone on a plate

A dinner date with Dublin's tastiest

Just Seventeen

Life, love and everything. Every Wednesday

Newsy, Newsy!

You, and you alone, can restore meaning to my
existence. How's that you say? By reserving/delivering
me a copy of J17 each and every week. It's the only way!

Name: _____

Address: _____

Kiss 'n' tell hell

Why boys brag about sex

Is your life turning into a soap?

Party of two

Just us and Scott Wolf